250 Fish AND SEA FOOD RECIPES

250 FISH AND SEA FOOD RECIPES

USEFUL FACTS ABOUT FISH AND SEA FOOD . . .

Baked Fish
Boiled Fish
Broiled Fish
Fried Fish
Fish Entrées
Fish Salads
Clams and Oysters
Crabs
Lobster
Shrimp
Scallops
Stuffings and Sauces

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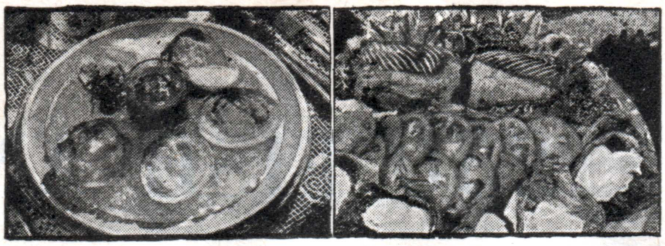


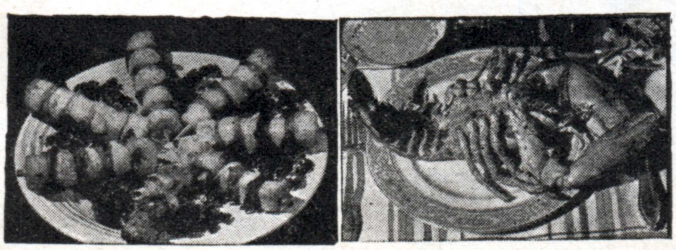
Introduction

The American homemaker has a wealth of fish and sea food at her command. At no time during the year need she be at a loss for some variety of this succulent food for her family. Those who live along the seashore and the coastal rivers are at an advantage because they are so close to their supply, but modern refrigerated shipping facilities bring these briny morsels with their valuable nutritive iodine and other mineral salts to inlanders while the world sleeps.

Fresh water fish are of course available to every country side. Lakes and streams large and small, abound in many large and all the small varieties of fish and the Great Lakes are a rich source of the particularly delicious large ones.

Fish festivals are popular all over America from the Salmon Derby of the Pacific northwest and the Smelt Jamboree of the upper Great Lakes to the Fish Fries of the South and the Clambakes of New England.

The traditional ways of preparing fish and sea food are as much in favor as ever. We still like them baked, broiled, boiled and fried. But we have also learned to enjoy crisp and molded salads as well as fish soufflés, rolls and rings. All these and many other new recipes will be found in this little book for homemaker and hostess to serve her family and friends. She will want to serve them often.



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For the beautiful illustrations in this book, we want to pay appropriate tribute to the following who helped so generously:

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WHAT YOU SHOULD KNOW ABOUT FISH

FISH

FRESH FISH may be identified by its bright bulging eyes, bright red gills, firm elastic flesh which holds no imprint when pressed and its characteristic fresh fishy odor, which should have no trace of foreign odor. The scales should adhere closely to the skin and should be free from slime.

FROZEN FISH, which are cleaned and frozen as quickly as possible after being caught are generally sold as fillets. Such fish can hardly be distinguished from fresh fish if they have been kept properly frozen and are cooked as soon as or before they have thawed. Frozen fish are particularly good buys for those living at considerable distance from sources of supply for fresh fish.

CANNED FISH such as salmon, tuna and sardines are ready to use.

CAVIAR—Is the salted eggs of sturgeon, the best coming from Russia. Eggs of other fish are also used but must be labelled to indicate the source.

SALTED FISH—Are prepared either by "dry-salting" or by pickling in a brine. Firm coarse-fleshed fish such as cod, hake and haddock are dry-salted by packing in dry salt after cleaning. Fat and oily fish are "salted" in brine, then are frequently smoked. Finnan haddie is prepared in this way.

SMOKED FISH, such as salmon, whitefish, herring, oysters and sturgeon are generally eaten without further cooking.

FISH PURCHASED "in the round," that is with skin, bones, head and tail included, requires 1 pound for each serving. If fish is purchased cleaned and scaled, 1 pound will serve 2. A pound of fish fillet or steak will serve 3.

TO FRESHEN DRIED SALT FISH

METHOD 1. Wash fish to remove salt on surface, then soak in cold water 2 to 12 hours with skin side up. If fish is very salty, change water several times.

METHOD 2. Shred fish, wash several times to remove salt on surface. Cover with cold water, heat to boiling, drain and repeat 1 or 2 times, depending upon saltiness of fish.

PURCHASING GUIDE

KIND	HOW COOK	SIZE-POUNDS	SEASON	MARKET UNIT	TYPE
Bass, Black	Bake, broil, fry	½-5	All year	Whole, fillets	Lean
Sea	Bake, broil, fry	½-4	Summer	Whole	Lean
Striped	Bake, broil, fry	2-5	All year	Whole	Fat
Bluefish	Bake, broil, fry	3-6	Winter, Spring, Summer	Whole	Lean
Butterfish	Bake, broil, fry	¼-1	Spring, Summer, Fall	Whole (Fresh or smoked)	Fat
Carp	Bake, boil, fry	2-8	All year	Whole, fillets (Fresh or smoked)	Lean
Catfish	Bake, fry	1-40	All year	Whole, fillets, steak	Lean
Clams	Fry, steam		All year	Dozen or quart (Fresh, canned)	Lean
Cod	Bake, broil, boil, fry	4-75	All year	Whole, fillets, steak (Fresh, salted, canned)	Lean
Crabs, alive	Boil (Hard shell)		All year	Dozen	Lean
Meat	Fry, broil (Soft shell)			Pound (Fresh, canned)	
Eel	Broil, boil, fry	½-10	All year	(Fresh, smoked, pickled)	Fat
Flounder	Bake, broil, fry	½-6	All year	Whole, fillets	Lean
Grouper	Bake, broil, boil, fry	2-100	All year	Whole, fillets, steak	Lean
Haddock	Bake, broil, boil, fry	2-8	All year	Whole, fillets (Fresh, smoked as finnan haddie, canned)	Lean
Hake	Broil, boil	3-8	All year	Pound, fillets, (Fresh, salted, smoked)	Lean
Halibut	Bake, broil, boil, fry	5-80	All year	Whole, fillets, steak (Fresh, smoked)	Fat

PURCHASING GUIDE—Continued

KIND	HOW COOK	SIZE-POUNDS	SEASON	MARKET UNIT	TYPE
Herring	Bake, broil, boil, fry	½-1	All year	Whole (Fresh, salted, canned, smoked, pickled)	Fat
Lobsters, alive	Boil, broil, bake		All year	Whole	Lean
Meat				Pound (Fresh or canned)	
Mackerel	Bake, broil, boil, fry	¾-10	All year	Whole, fillets, steak (Fresh, pickled, salted, smoked and canned)	Fat
Mullet	Bake, broil, fry	1-5	All year	Whole (Fresh, salted)	Fat
Oysters	Bake, broil, fry		Fall, Winter, Spring	Dozen, quart (Fresh, canned)	Lean
Perch	Bake, broil, fry	½-5	All year	Whole, fillets	Lean
Pickerel	Bake, broil, boil, fry	2-40	All year	Whole, steak	Lean
Pike	Bake, broil, fry	1-40	All year	Whole, fillets	Lean
Pompano	Bake, broil	1-2	Winter	Whole	Fat
Red Snapper	Bake, broil, boil, fry	10-20	All year	Pound	Lean
Salmon	Bake, broil, boil, fry	4-25	Summer, Fall	Whole, fillets, steak (Fresh, smoked, salted, canned)	Fat
Scallops	Broil, fry		Spring, Fall, Winter	Pound, quart (Fresh, canned)	Lean
Shad	Bake, broil, boil, fry	1½-6	Fall, Winter, Spring	Whole (Fresh, salted)	Fat
Sheepshead	Bake, broil, boil, fry	4-15	Fall, Winter	Whole	Lean
Shrimp	Boil		Spring, Fall	Pound (Fresh, canned)	Lean
Smelt	Bake, broil, fry	4 oz.	Fall, Winter, Spring	Pound	Fat
Sturgeon	Bake, broil, boil	50-500	Spring, Summer, Fall	Pound, fillets, steak (Fresh, smoked)	Fat
Swordfish	Bake, broil, fry	Up to 800	Summer, Fall	Pound, steak	Lean
Trout	Bake, broil, boil, fry	1-20	Spring, Summer, Fall	Whole (Fresh, smoked)	Fat
Tuna	Bake, broil, boil	30 up	Spring, Summer, Fall	Pound, steak (Fresh, canned)	Fat
Weakfish (Sea trout)	Bake, broil, boil, fry	1-6	Fall, Summer	Whole	Lean
Whitefish	Bake, broil, boil, fry	1-30	Spring, Summer, Fall	Whole, steak, fillets (Fresh, salted, smoked)	Fat
Whiting	Bake, broil, boil, fry	½-2	Summer, Fall	Whole (Fresh, salted)	Lean

WHY EAT FISH

Fish and sea foods have always been highly prized as delicious food by those who had access to fresh supplies. Refrigerated shipping facilities now make them available to everyone. Fish are especially valuable for their very high content of mineral salts. For the inlander the most valuable of these is iodine, an absolute essential for maintenance of health in the glandular system and one in which other foods are apt to be deficient.

Iron and copper needed for the health of the blood stream are supplied in considerable quantity. Oysters are especially valuable for copper as well as for iodine because they are so often eaten uncooked and there is no chance for the latter to escape in cooking. Besides this, all fat fish carry some vitamins A and D. Fish livers and many fat fish are indeed, our principal source of these vitamins.

TO PREPARE FISH FOR COOKING

TO CLEAN FISH—To remove scales scrape fish beginning at the tail and working toward head. Use the back of a heavy knife and hold it nearly flat against the fish.

The head and tail are usually left on small fish and on large fish to be served whole. Make a slit down body cavity from gills to vent, remove entrails and wash away any blood. Scrape backbone clean and remove black membrane if present by rubbing with salt. Remove fins, gills and eyes. If head and tail are to be removed, cut off gills with head. When preparing large flat fish such as flounder, the entrails, which are near the head, are easily removed when the head is cut off; or they may be removed after cutting a small opening just under the head. Wash fish thoroughly and wipe dry. If head and tail are removed boil with fins to make stock.

TO SKIN FISH—Remove fins along backbone and cut off a narrow strip of skin down the entire length of backbone. Loosen the skin from bony part of gills on both sides. Draw the skin off toward the tail. If the fish is fresh the skin can be drawn off easily. If flesh is soft, work carefully and loosen skin with knife when necessary to avoid tearing flesh. After removing skin from one side, turn fish over and remove skin from other side. To skin flat fish such as flounder, do not cut off head and tail. Cut the skin across the body just above the tail and loosen. Work the skin loose along one side of the body toward the head and pull gently toward other side of body to strip off skin. Strip the skin from the other side in the same way.

Fish may also be skinned after boning and cutting into fillets. Fat fish should not be skinned before cooking.

TO BONE FISH—Clean fish and skin if desired. Continue cut beyond vent to tail. Beginning at the tail, insert a sharp knife under flesh close to backbone being careful not to pierce skin on other side of body. Making as clean a cut as possible, follow backbone to head with knife, thus loosening flesh from entire side of fish in one piece. Loosen flesh from other side in same way. Remove backbone in one piece and any small bones. Spread fish open in one piece.

FISH FILLETS—A piece of fish, large or small, freed from skin and bones is called a fillet. Fillets are soft-meated, so must be handled carefully. Before cooking trim off ragged edges and any bits of fin bone. Cut into serving pieces, if desired. Fillets may be sautéed, fried, baked, broiled or boiled.

It's safer for the children and the grown ups like it better when fish is boned

Some of the fish from which fillets may be cut are:

Bass	Halibut	Salmon
Bluefish	Mackerel	Smelt
Cod	Perch	Trout
Eel	Pickerel	Tuna
Flounder	Pike	Weakfish
Haddock	Pompano	Whitefish
Hake	Red Snapper	

SERVING FISH

Remove threads or skewers if fish is stuffed. Garnish with radish roses, cucumber, parsley, watercress or lemon cut into attractive shapes. With lean fish, serve a rich sauce; with fat fish or fried fish serve a relish or tart sauce. Lemon cups are colorful containers for tartare sauce.

BAKED FISH

BAKED FISH

Clean fish, leaving heads and tails on if desired, season and bake as for Baked Stuffed Fish.

BAKED CARP

1 green pepper, chopped
¼ cup diced celery
1 carrot, diced
1 onion, sliced
2 tomatoes, chopped
½ cup cooking oil
4 pounds carp
Salt and pepper
Flour
Paprika

Combine vegetables and place in baking dish with oil. Use carp, whole or sliced; season with salt and pepper, roll in flour, place on vegetables and sprinkle with paprika. Bake uncovered in moderately hot oven (375°-400° F.) 40 minutes or until browned, basting frequently with liquid in pan. Serves 6 to 8.

A fish is its own excuse for being when baked to flaky perfection

BAKED BUFFALO

Place fish in a shallow baking pan, brush with oil and bake as for Stuffed Fish.

BAKED PICKEREL

Fill fish with any desired stuffing, place strips of salt pork over fish and bake as for Baked Stuffed Fish. Garnish with cucumber.

BAKED SHAD

Clean 3-pound shad, split, season, brush with oil and bake in hot oven (400°F.) 30 minutes.

BAKED TROUT

Rub a 3½-pound trout with salt. Place in a baking pan, cover with 2½ cups cooked tomatoes, ¼ cup diced onion and ½ cup diced celery. Bake as for Stuffed Fish. When trout is cooked, place on a hot platter and keep in a warm place while preparing sauce. Strain tomato mixture. Beat 1 egg yolk with ½ cup cream, tomato sauce and ½ teaspoon Worcestershire sauce. Heat to boiling and cook 2 minutes. Pour over fish.

BAKED SALMON NEW ORLEANS

1 teaspoon sugar
2 pounds whole salmon
⅛ teaspoon salt
Dash pepper
1 clove garlic
1 red pepper pod
1 onion
2½ cups cooked tomatoes
1 tablespoon Worcestershire sauce
½ cup olive oil
1 tablespoon vinegar
2 cups uncooked potato balls
1 cup mushrooms

Brown sugar in pan. Sprinkle salmon with salt and pepper, place garlic and pepper pod inside. Mince onion fine, place onion and salmon in pan with sugar. Cover with tomatoes; add Worcestershire sauce, olive oil, vinegar and potatoes. Bake in hot oven (400° F.) 15 minutes, add mushrooms and bake 15 minutes longer or until fish and potatoes are tender. Serves 6.

RED SNAPPER—Use red snapper instead of salmon and proceed as above.

COD STEAKS WITH MUSHROOM SAUCE

4 fresh codfish steaks, (¾ inch thick)
1 small onion, chopped
¼ pound mushrooms, chopped
6 tablespoons boiling water
3 tablespoons butter
3 tablespoons flour
2 cups milk
Salt and pepper
Paprika

Place steaks in oiled baking dish. Cook onion and mushrooms 3 minutes in water; add butter, stir in flour and mix. Add milk, heat to boiling, stirring constantly; season and pour over cod. Sprinkle with paprika. Bake in moderate oven (350°F.) 30 to 35 minutes or until fish is tender. Serves 4.

BAKED FISH FILLETS

1 pound fish fillets
1 cup milk
1 tablespoon salt
Fine dry bread crumbs
1 tablespoon oil or melted butter

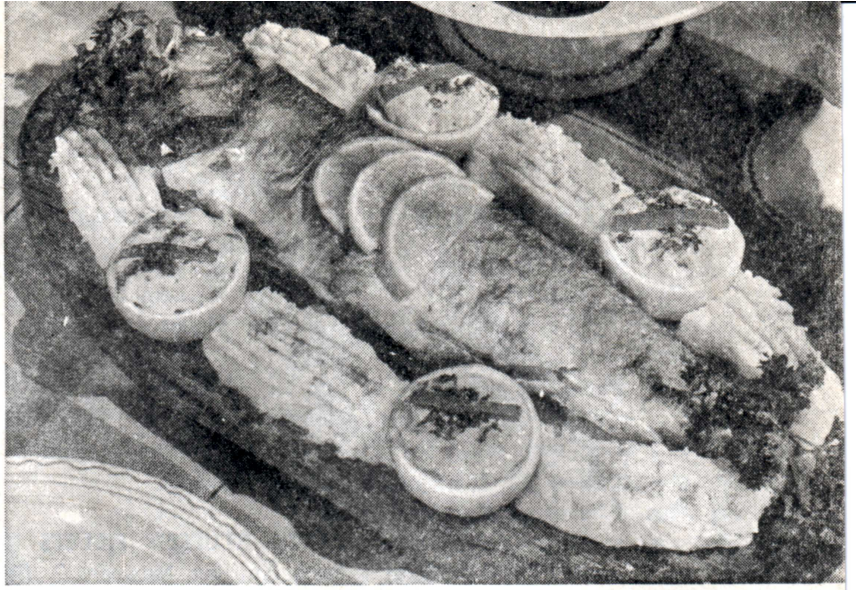
Cut fillets into serving pieces. Combine milk and salt. Dip fish into milk, then into crumbs, being sure fish is completely covered with crumbs. Place in greased baking dish or on ovenproof platter, sprinkle with oil and brown quickly in very hot oven (500°F.) 10 to 20 minutes. Do not add water. Serve with Almond Butter Sauce, melted butter, Maître d'Hôtel Butter or Lemon Butter. Serves 2.

BAKED FISH CREOLE

1 recipe Creole Sauce
1½ pounds fish fillets or steaks

Pour creole sauce over fish in baking dish. Bake in hot oven (400°F.) 20 minutes. Serves 5.

HERRING CREOLE—Use fresh herring instead of fillets or steaks.



PLANKED FISH

Select any fish suitable for baking. Large fish may be split, boned, seasoned and planked flat, or small fish may be cleaned, seasoned and planked whole. Oil plank and preheat thoroughly in hot oven. Place fish in center of plank, brush lean fish with melted butter or French dressing. Bake in very hot oven (450°F.) 10 to 15 minutes, reduce temperature to moderate (350°F.) and bake until fish is nearly tender, allowing about 10 minutes per pound. About 15 minutes before fish is done, remove plank from oven, garnish with mashed potatoes pressed through a pastry tube and other vegetables as desired. Return to oven to finish baking fish and to brown potatoes. Garnish.

BAKED TROUT FOR CAMPERS

Reserve the large fish for this overnight cooking. At night, clean fish and remove heads. Season inside and out with salt and pepper, roll separately in waxed paper, folding ends in, and wrap in thick wet newspaper. Dig a trench for each fish just deep enough to allow 1 inch of earth on top. Bury bundles, build the campfire over the trenches and leave until breakfast time.

Planked fish has an elegance well worth the extra time and preparation

FISH FILLETS FLORENTINE

3 pounds spinach, ¼ cup butter
1½ tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1½ cups milk
½ cup grated cheese
2 pounds fish fillets

Wash spinach in several waters and cook without adding water. When spinach is barely tender, drain and chop coarsely. Place in baking dish. Melt butter and blend in flour and seasonings. Add milk and cook until thickened, stirring constantly. Add cheese and continue heating until cheese has melted. Pour sauce over spinach, place fillets on top and bake in moderate oven (375°F.) 30 minutes. Serves 6 to 8.

BAKED EEL

Have eel skinned, split and backbone removed. Cut into 2- or 3-inch pieces, wash in salted water and dry thoroughly. Dredge with flour, season with salt and pepper, place in buttered baking pan and add ½ cup water. Cover. Bake in hot oven (400°F.) for 20 minutes or until eel is browned

BAKED STUFFED FISH

Fish weighing 3 to 5 pounds may be stuffed and baked with head and tail removed or not as desired. Clean fish, dry and rub inside and out with salt. Stuff and sew or skewer opening. Place on piece of heavy paper on baking sheet or platter and bake in very hot oven (550°F.) 10 to 15 minutes or until browned. Reduce temperature to hot (425° F.) and bake 30 to 45 minutes longer. *Allow 10 minutes to the pound for first 4 pounds and 5 minutes for each additional pound. Baste lean fish every 10 minutes* or cover with thin slices of fat salt pork or bacon; do not baste fat fish. To serve, lift fish with paper and slide fish onto platter. Serve baked fish with White Sauce, White Sauce with Egg, Tomato Sauce, Brown Almond Sauce, Onion Sauce, Almond Butter Sauce, Drawn Butter Sauce, Egg Sauce, Bercy Sauce, Oyster Sauce, Shrimp Sauce, Horseradish Sauce, etc.

Unbroken beauty in baked stuffed fish demands careful handling

Some of the fish suitable for baking are:

Bass	Mackerel	Shad
Bluefish	Mullet	Smelt
Carp	Perch	Swordfish
Cod	Pickerel	Tuna
Haddock	Pike	Weakfish
Halibut	Pompano	Whitefish
Herring	Salmon	

BAKED STUFFED FILLETS — Place stuffing between 2 fish fillets. Season, brush with oil and bake as above.

ROLLED STUFFED FILLETS — Spread stuffing over fillets, roll fillets and proceed as for Baked Stuffed Fillets.

FISH BAKED IN MILK

2 tablespoons butter
1½ pounds fish (halibut, haddock, whitefish, etc.)
1 teaspoon salt
⅔ cup water
⅔ cup evaporated milk

Melt butter in baking pan. Place fish in pan, sprinkle with salt, add water and milk and bake in moderate oven (350°F.) until fish is tender, about 45 minutes. Serves 6. Cover with halves of seedless grapes before baking.

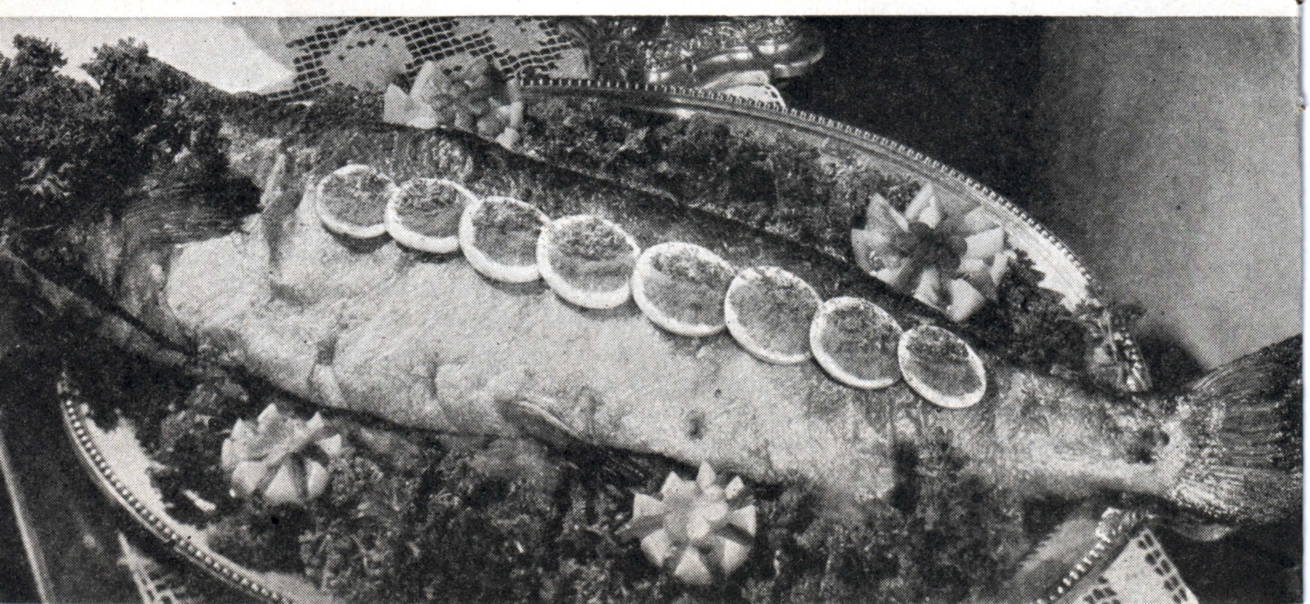
FILLETS OF SOLE, MARGUÉRY

8 flounder fillets
Salt and paprika
⅓ cup white wine
2½ cups fish stock
1 boiled lobster
18 littleneck clams or small cooked shrimps
3 tablespoons butter, melted
3 tablespoons flour
Pepper
¼ cup grated Parmesan cheese

Place fillets in buttered baking dish, sprinkle with salt and paprika and add wine. Cover with buttered paper and bake in moderate oven (350°F.) 15 minutes. Combine fish stock, shell of lobster and 6 clams. Simmer until liquid is reduced to 1 cup. Blend butter and flour, add strained fish stock and ¼ cup liquid from fillets. Season with salt and pepper. Arrange fillets on serving platter, pour strained sauce on top and garnish with sliced lobster meat and remaining clams. Sprinkle with cheese and bake in moderate oven (350°F.) until cheese is melted and fillets are hot. Serves 8.

Use water and lemon juice instead of wine.

Garnish fish with watercress.



POMPANO EN PAPILLOTES

3 green onions, chopped
3 ounces mushrooms, chopped
1 tablespoon butter
1 tablespoon flour
2 cups stock
Salt and pepper
¼ cup white wine
2 pounds pompano fillets
1 cup crab meat
4 tablespoons butter
1 tablespoon white wine
½ teaspoon salt, 1 egg yolk
1 lemon, sliced

Brown onions and mushrooms lightly in butter, mix in flour, add stock, season and boil 5 minutes. Add wine. Sauté fillets and crab meat separately in butter 5 minutes; add wine, salt and slightly beaten egg yolk to crab meat and cook until thickened, stirring constantly. Place some of crabmeat mixture on half of each fillet, fold other half on top, cover with sauce, fold well in parchment cooking paper, or place in paper bag and bake in hot oven (425°F.) about 10 minutes. Arrange on platter garnished with lemon. Serves 6.

SMOTHERED FISH STEAKS

½ teaspoon salt
¼ teaspoon pepper
¼ cup flour
2 (1-pound) fish steaks
1½ cups milk
2 mild onions, sliced
1 tablespoon fat
2 slices bacon

Combine salt, pepper and flour and sprinkle over fish. Place on bottom of shallow baking dish, add milk and bake in hot oven (425°F.) 10 minutes. Brown onions in fat. Place onions and bacon on fish and bake 10 to 15 minutes longer or until fish is tender. Serves 6.

POTTED CARP

⅓ cup cooking oil
2 pounds sliced carp
2 onions, sliced
2 carrots, sliced
5 gingersnaps
1½ cups warm water
½ teaspoon whole mixed spices
¼ teaspoon salt

Pour half of oil in baking dish, arrange half of fish on top, cover with half of onions and carrots, add remaining fish and vegetables. Soften gingersnaps in water and stir until smooth. Add spices and salt and pour over fish. Add remaining oil and more water, if necessary to cover fish. Cover dish and bake in slow oven (325°F.) about 1 hour. Serves 4.

FISH LOAF

2 cups flaked cooked fish
½ teaspoon salt
2 eggs, separated
1 cup medium White Sauce

Combine fish, salt, beaten egg yolks, white sauce and beaten egg whites. Pour into greased baking dish and bake in moderate oven (350°F.) 20 to 30 minutes. Serves 4.

Bake in baking shells and top with buttered crumbs.

Skinned and boned fish take naturally to stuffing

SMELT À LA BENEDICTINE

1 pound smelt
5 tablespoons butter
5 tablespoons lemon juice
4 medium sweet potatoes
⅛ teaspoon pepper
½ teaspoon salt
1 cup cream or top milk
Bread crumbs

Boil smelt until bones and skin can be removed easily. Mash fine. Add 1 tablespoon butter and 3 tablespoons lemon juice. Cook sweet potatoes, drain and mash. Add pepper, 2 tablespoons butter, 2 tablespoons lemon juice, salt and cream. Blend with prepared fish. If mixture is too thick and dry add a little milk. Place in baking dish, cover with crumbs and dot with remaining 2 tablespoons butter. Bake in very hot oven (425°F.) for 20 minutes. Serves 4.

Use Irish potatoes instead of sweet potatoes and tomato juice instead of cream. Add 1 tablespoon minced parsley. Use perch or herring for smelt.

BOILED FISH

BOILED FISH

Lean fish generally give best results for boiling since they do not fall apart as readily as fat fish. Whole fish, slices or fillets may be used. Wrap the fish in cheesecloth or parchment paper, place in wire basket or place fish on plate and wrap both in cheesecloth. Lower into boiling Court Bouillon or water seasoned with ½ teaspoon salt and ½ tablespoon lemon juice or vinegar for each quart. Simmer, allowing 6 to 10 minutes per pound for whole fish, depending upon thickness; allow 10 to 20 minutes for slices or fillets. Some of the fish suitable for boiling are:

Carp	Hake	Sea Bass
Cod	Halibut	Shad
Eel	Mackerel	Sheepshead
Haddock	Salmon	Weakfish
		Whitefish

Serve boiled fish with any of sauces suggested for Baked Fish.

COURT BOUILLON — Cook ½ cup each chopped carrots, onions and celery and ½ clove garlic, crushed, in 2 tablespoons butter 4 minutes. Do not brown. Add 4 peppercorns, 2 cloves, 1 bay leaf, 2 teaspoons salt, ¼ cup vinegar, ¼ teaspoon ginger, 3 quarts water. Cook 5 minutes.

Fish slices are placed cut side down on the plate and in cheesecloth

BOILED FISH WITH EGG SAUCE

3 pounds pike or other fish
1 tablespoon butter
1 tablespoon flour
1 cup hot fish stock
1 egg yolk

Clean and salt the fish and boil 30 minutes, reserving 1 cup fish stock. Melt butter, add flour and hot fish stock. Remove from heat and pour gradually on the beaten yolk. Pour while hot over boiled fish and garnish with parsley. Serves 6.

FILLED FISH

3-pound fish
2 onions
¼ cup cracker or bread crumbs
1 egg, slightly beaten
1 teaspoon salt
⅛ teaspoon pepper
1 cup water
¼ cup minced celery

Remove skin from fish all in one piece, starting at backbone. Remove bones from fish and grind flesh. Grind onions, combine ⅓ of onions with fish and grind again. Add crumbs to fish with egg, salt, pepper and water. Mix until smooth. Wash fish skin, fill with mixture and sew or skewer together. Place in kettle, add celery and remaining onion. Cover with boiling water and boil for 5 minutes, then simmer about 1 hour, adding water if necessary to prevent fish from burning. Serves 4.

Cut fish into steaks, remove flesh and bones carefully from skin, leaving skin in whole rings. Proceed as above, then stuff skin with mixture.

Tie the fish securely in cheesecloth and lower into boiling court bouillon

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STEWED EEL

2-pound eel
½ teaspoon salt
1 tablespoon minced parsley
Water
1 tablespoon butter
1 tablespoon flour
⅛ teaspoon pepper

Skin and clean eel; remove all fat carefully from inside. Cut eel into 1½-inch lengths, place in saucepan with salt, parsley and water to cover; cover pan closely and simmer for 1 hour or until tender. Remove eel. Blend remaining ingredients together, add to liquid in pan and cook 3 minutes longer. Pour over eel. Serves 6.

COD CREOLE

¾ cup minced celery and leaves
1 onion, chopped
¼ cup oil
2½ cups cooked tomatoes
1 teaspoon salt
⅛ teaspoon pepper
3 pounds fresh cod
6 potatoes, pared

Cook celery and onion in oil until tender, add tomatoes, salt and pepper and heat to boiling. Add cod and potatoes. Cover and simmer about 30 minutes or until fish is tender, basting fish frequently. Serves 6.

Cook 3 tablespoons chopped green pepper with celery and onions.

FISH IN WINE SAUCE

1½ pounds fish fillets
1 cup white wine
1½ tablespoons lemon juice
12 large mushrooms, sliced
¼ cup butter
2 egg yolks
1 cup heavy cream
1 tablespoon chopped parsley
¾ teaspoon salt
⅛ teaspoon pepper

Poach fish fillets in wine and lemon juice until tender. Sauté mushrooms in 1 tablespoon butter. Remove fish to hot platter and keep warm while making sauce. Heat wine in which the fish was cooked to boiling and continue cooking for 10 minutes. Beat egg yolks and add cream. Pour wine over mixture, stirring constantly. Add remaining butter, mushrooms, parsley, salt and pepper. Pour over hot fish and serve. Serves 6.

PICKLED FISH

4 pounds fish (trout, pike, salmon or carp)
Salt
2 large onions, sliced
1 quart water
1 cup vinegar
2 tablespoons mixed pickling spices
1 tablespoon sugar
½ lemon, sliced

Clean fish without removing skin or bones. Slice and season with salt. Cook onions in water for 20 minutes. Add vinegar, whole spices tied in cheesecloth bag, sugar, lemon and fish. Boil for 1 hour. Remove fish, strain liquid and pour over fish. Store in liquid in stone crock. Serves 8.

SWEET AND SOUR FISH

3½ pounds pike or other fish
1 cup hot fish stock
4 gingersnaps
½ cup brown sugar
¼ cup vinegar
¼ cup seeded raisins
½ teaspoon onion juice
1 lemon, seeded and sliced

Clean, slice and salt fish and let stand for several hours. Boil 20 minutes, drain and bone, reserving 1 cup of the fish stock. Combine remaining ingredients; cook until smooth and thick, and pour over fish. Serve cold. Serves 6.

BOILED FISH WITH GRAPES

3 pounds pike or trout
¼ cup sugar
1 lemon, juice and grated rind
2 egg yolks, beaten
1 cup hot fish stock, Salt
1 teaspoon chopped parsley
1 cup chilled seedless green grapes

Cook fish as for Boiled Fish. Remove skin and bones and arrange fish on platter. Combine sugar, grated lemon rind and lemon juice with yolks and add strained fish stock gradually. Cook until thickened, stirring constantly. Add salt and parsley. Pour over fish, sprinkle with grapes and serve immediately. Serves 6.

SMELT À LA STOEHER

2 pounds smelt
½ cup water
4 tablespoons butter
½ teaspoon salt
1 tablespoon flour
1 cup fish bouillon
2 egg yolks, well beaten
Grated cheese

Clean smelt and simmer until tender in water with 2 tablespoons butter and salt. Melt remaining butter, blend in flour smoothly. Combine fish bouillon and egg yolks and add to flour mixture. Cook until slightly thickened. Pour over cooked smelt, cover with grated cheese and brown under preheated broiler. Serves 6.

STEAMED FISH

Select fish as for Boiled Fish, season and steam over boiling water or Court Bouillon, allowing same time as for boiling. Serve as for Boiled Fish.

Allow ½ pound (as purchased) per person or ⅓ pound boned weight.

BROILED FISH

WHOLE FISH—Remove head and tail if desired, split and clean. Wipe dry, sprinkle with salt and pepper and place on greased broiler, flesh side up. Place 3 inches under moderate broiler heat and broil 10 minutes, or until browned. Turn and broil just long enough to make skin brown and crisp.

SLICES—Brush with oil, season and brown on both sides.

FILLETS—Cook as for slices or sprinkle with flour after oiling and seasoning.

Some of the fish suitable for broiling are:

Bass	Mullet	Shad
Bluefish	Oysters	Smelt
Cod	Perch	Swordfish
Eel	Pike	Trout
Flounder	Pompano	Weakfish
Haddock	Red Snapper	Whitefish
Halibut	Salmon	Whiting
Mackerel	Scallops	

Serve broiled fish with melted butter, Maître d'Hôtel Butter, Almond Butter Sauce, Lemon Butter Sauce or hollandaise sauce.

BROILED SHAD ROE

4 pairs shad roe
2 quarts boiling water
1 teaspoon salt
2 tablespoons lemon juice
4 tablespoons butter
8 slices toast
8 slices crisp bacon
Watercress, Lime wedges

Wipe roe carefully with damp cloth. Drop into boiling water, add salt and lemon juice. Boil for 5 minutes. Drain, brush with butter and place under preheated broiler until browned but still soft. Serve on hot toast with slice of bacon. Garnish with watercress and wedges of lime or lemon. Serves 8.

BROILED FINNAN HADDIE

2 pounds finnan haddie
Hot water
2 tablespoons butter
Pepper

Cover finnan haddie with hot water and let stand 10 minutes. Drain. Place on greased broiler rack. Spread with butter, sprinkle lightly with pepper and broil in preheated broiler under moderate heat until brown, turning once. Serves 4.

MACKEREL GRILL

1 (4-pound) mackerel
Salt and pepper
1 tablespoon butter
1 mackerel roe
8 strips bacon
2 tomatoes, cut into halves

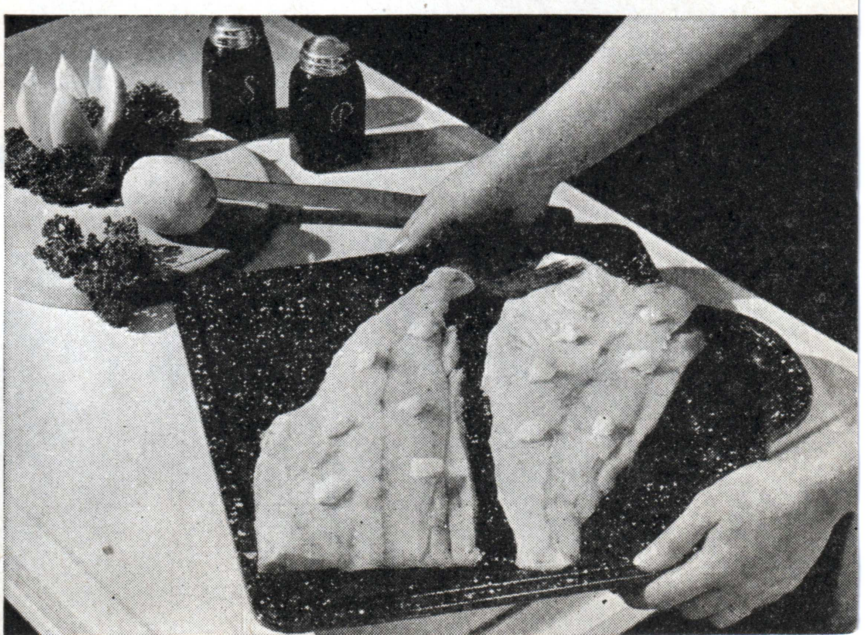
Place cleaned split mackerel on greased broiler, skin side up. Season, place 4 inches under moderate broiler heat and broil 5 or 6 minutes. Turn fish, brush with butter, add roe and bacon and continue cooking 5 minutes more; add tomatoes, turn roe and bacon; cook 5 minutes longer or until browned. Serves 4.

SEA-FOOD GRILL

4 small lobsters
8 soft-shelled crabs
24 scallops
1 cup melted butter
¾ cup soft bread crumbs
24 large mushroom caps
24 large oysters
Salt and pepper

Prepare lobsters as for Broiled Lobsters. Kill and clean crabs. Place scallops on 8 skewers. Brush lobsters, crabs and scallops with butter. Mix crumbs with remaining butter. Fill each mushroom cap with an oyster and place on a shallow pan. Cover each with buttered crumbs. Sprinkle lobsters with salt and pepper and broil 10 minutes. Arrange crabs, scallops and pan of oysters on broiler rack and season with salt and pepper. Broil 6 minutes, turning crabs and scallops at the end of 3 minutes. Serve with hot melted butter and lemon wedges. Serves 8.

Bits of butter added before broiling give flavor and richness to lean fish



FRIED FISH

FRIED FISH

Clean fish, leaving heads and tails on small fish. Cut large fish into 1-inch slices of fillets. Cook plain or dip into milk or egg mixed with 2 tablespoons water; then roll in salted flour, corn meal or fine dry crumbs. Place in hot frying pan containing ⅛-inch layer of melted fat; brown on one side, then turn and brown on other side, allowing 8 to 12 minutes total cooking time, depending on thickness of slice.

Some of the fish suitable for frying are:

Bass	Mackerel
Butterfish	Perch
Carp	Pickerel
Catfish	Pike
Clams	Salmon
Cod	Shad
Eel (parboil 10 minutes)	Smelt
Flounder	Trout
Haddock	Weakfish
Halibut	Whiting

Serve fried fish with Maître d'Hôtel Butter, Lemon Butter, Tartare Sauce, Creole Sauce or hollandaise sauce.

FRENCH FRIED FISH — Clean and coat fish as directed for Fried Fish. Fry in hot deep fat (365°F.) 5 to 7 minutes or until brown and tender. Drain on absorbent paper.

CODFISH BALLS

1 cup flaked cooked fresh cod
1½ cups mashed potatoes
1 egg, beaten
1 tablespoon butter, melted
¼ teaspoon salt
⅛ teaspoon pepper
½ teaspoon onion juice

Mix ingredients and beat until smooth and fluffy. Shape lightly into balls or cakes. Sauté or fry in hot deep fat (375°F.) until browned. Serve hot with Tomato Sauce. Serves 4.

To use salt cod instead of fresh cod, freshen cod and simmer until tender, 30 to 35 minutes per pound. Use as above.

Add 1 teaspoon dry mustard and 2 teaspoons lemon juice.

Salmon, halibut, pike, perch, freshened salt mackerel and other fish may be used instead of cod. Boil uncooked potatoes and fish together until tender, drain thoroughly, dry over low heat and beat until fluffy and smooth. Add remaining ingredients and proceed as above.

Add ¼ cup cheese to the Tomato Sauce.

CODFISH PUFFS — Use 2 eggs instead of 1. Beat mixture 2 minutes with rotary beater. Drop from spoon into hot fat.

Make your codfish balls light and fluffy to please the New Englander

FISH-FLAKE CROQUETTES

2 cups flaked cooked fish
1 teaspoon onion juice
Salt and pepper
Chopped parsley
1 cup medium White Sauce
Cracker crumbs
1 egg, beaten

Mix fish flakes with seasonings, add to white sauce and chill thoroughly. Mold into croquettes, roll in cracker crumbs, dip into slightly beaten egg and roll in crumbs again. Fry in hot deep fat (375°F.) about 3 minutes or until brown. Makes 6 medium croquettes.

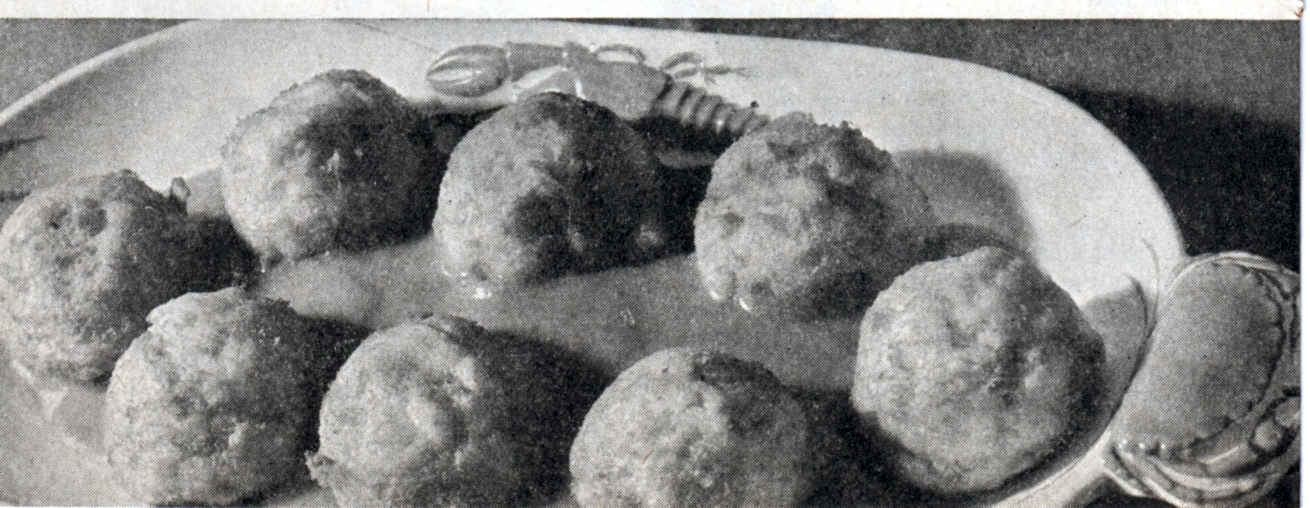
FISH FRITTERS

1 pound small fish
3 eggs, separated
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon minced garlic
1 tablespoon minced parsley

Cook fish, remove skin and bones and mash. Beat egg yolks until light and thick, then add flour, salt, pepper, garlic, parsley and fish. Fold in whites of eggs beaten until stiff. Drop by tablespoons into hot deep fat (360° to 370°F.) and fry until brown. Serves 4.

Add ½ cup diced drained pineapple.

Serve with tomato catchup, Tartare Sauce or Egg Sauce.



FROGS' LEGS

The hind legs of the frog are the only part that is eaten. These have a flavor similar to chicken and are considered a delicacy by many.

To prepare legs for use, cut from body, wash legs in cold water, turn skin down and strip off like a glove. Cover with boiling water, drain quickly, dry and use as desired.

FRIED FROGS' LEGS

Season prepared legs with salt and pepper, dip into fine cracker or bread crumbs, into slightly beaten egg and again into crumbs. Let stand for 15 to 20 minutes. Fry in hot deep fat (375°F.) 3 minutes or until browned. Allow 2 legs per portion.

SAUTÉED FROGS' LEGS—Prepare frogs' legs as above and brown in skillet in a small amount of hot fat. Serve with Tartare Sauce or Maître d'Hôtel Butter.

OUTDOOR FISH FRY

Fish fries, held on the bank of a fishing stream, afford a convivial means of cooking and eating fish freshly caught by members of the party. The fish are cleaned and rolled in corn meal, then fried over an open fire in a large kettle or frying pan of hot fat. After the fish are cooked, Hush Puppies are fried in the fat remaining in the frying pan. These are made by mixing 2 cups corn meal, 1 cup milk or water, 1 teaspoon salt, 2 teaspoons baking powder and 1 onion, finely chopped. Shape into pones and fry until well browned. Serve the fried fish and hush puppies with coffee or other suitable beverage.

BEET AND FISH HASH

¾ cup flaked cooked fish
¾ cup chopped cooked potatoes
2 cooked medium beets, chopped
1 tablespoon minced onion
1 tablespoon minced parsley
½ teaspoon salt
¼ teaspoon paprika
1 teaspoon Worcestershire sauce
3 tablespoons cream or milk
1½ tablespoons fat

Mix first 8 ingredients and moisten with cream. Cook in fat, stirring until hot; then pat lightly into a cake and cook until well browned underneath. Fold like an omelet. Serves 4 to 6.

Be sure your fish fillets drain on absorbent paper between kettle and platter

FRIED SEA FOOD

Season clams, oysters, shrimp or scallops; dip into batter of 1 cup flour, 1 cup milk and 1 egg. Fry in hot deep fat (365°F.) until golden brown.

Black-eyed Susans of grilled pineapple and ripe olives garnish the fish fillets

FISH ENTREES

MAINE BAKED FINNAN HADDIE

1 teaspoon chopped onion
1 tablespoon chopped green pepper
3 tablespoons butter
3 tablespoons flour
¼ teaspoon paprika
2 cups milk
2 cups cooked finnan haddie
1 cup buttered bread crumbs

Cook onion and green pepper in butter until tender. Mix in flour and paprika and add milk gradually. Heat to boiling and pour over fish in greased baking dish. Cover with crumbs and bake in moderate oven (350°F.) 20 minutes or until crumbs are browned. Serves 4.

ESCALLOPED FISH WITH NUTS

1 cup flaked cooked fish
2 cups Medium White Sauce
1 cup finely chopped nuts
2 hard-cooked eggs, minced
Cracker crumbs
Butter

Combine fish, white sauce, nuts and eggs. Pour into greased casserole, cover with cracker crumbs and dot with butter. Bake in moderate oven (350°F.) 25 minutes, or until crumbs are brown. Serves 4.

No haddock is plebeian when baked in cream and abundantly seasoned

FISH CHOWDER

¼ pound fat salt pork
2 onions, sliced
3 cups uncooked potatoes cut into ½-inch cubes
4 cups boiling water
3 pounds salt or fresh cod or haddock
1¾ cups evaporated milk
1 teaspoon salt
⅛ teaspoon pepper
1 tablespoon minced parsley
1 tablespoon butter
1 tablespoon flour
Pilot crackers

Cut fat salt pork into small pieces and fry slowly in soup kettle. Add onions and cook 5 minutes. Add potatoes, boiling water and fish cut into small pieces. Simmer until potatoes are soft. Add milk, salt, pepper and parsley. Melt butter, add flour and blend thoroughly. Add gradually to chowder, stirring until slightly thickened. Cook 5 minutes longer. Pour over pilot crackers. Serves 8.

FISH FROMAGE

1 onion, chopped
½ pound American cheese, grated
2½ pounds pike or bass
1½ teaspoons Worcestershire sauce
1 teaspoon mustard
1 teaspoon salt
½ teaspoon pepper
1 cup milk

Spread onion and half the cheese over bottom of baking dish. Place fish on top and cover with remaining cheese. Combine remaining ingredients and pour over fish. Bake in hot oven (425°F.) 25 to 30 minutes. Serves 4.

HERRING ROLLMOPS

6 salt herring
2 tablespoons bread crumbs
2 tablespoons butter
1 tablespoon chopped parsley
1½ tablespoons lemon juice
Pepper
Hot water

Soak herring in cold water overnight, drain and clean. Remove skin and separate each fish into 2 fillets, removing bones. Mix remaining ingredients to a smooth paste. Spread each fillet with paste, roll, fasten with string or toothpicks. Place in baking dish, cover with oiled paper and bake in moderate oven (375°F.) 10 to 15 minutes. Remove string or toothpicks, serve hot. Serves 6.

HADDOCK IN CREAM

1½ pounds fillet of haddock
2 tablespoons lemon juice
1 teaspoon prepared mustard
½ teaspoon Worcestershire sauce
1 teaspoon salt
¼ teaspoon pepper
3 small onions
1 cup cream
Parsley
Paprika

Wipe haddock with damp cloth and place in baking dish. Mix lemon juice, mustard, Worcestershire sauce, salt and pepper together and pour over haddock. Add onions and cream. Bake in hot oven (400°F.) about 30 minutes. Garnish with parsley and sprinkle with paprika. For 6. Add ½ cup chopped celery and 1 tablespoon chopped green pepper, omit pepper listed.

Unexpected guests will not daunt a hostess who knows how to make a fish roll

FISH ROLL

Baking powder biscuit dough (using 2 cups flour)
1½ cups flaked cooked fish
1 small onion, chopped
1 green pepper, chopped
½ teaspoon salt
Milk

Roll biscuit dough to ¼-inch thickness on floured board. Combine fish, onion, green pepper and salt; moisten slightly with milk, mix well and spread mixture on dough. Roll as for jelly roll and cut into 1½-inch slices. Bake on greased baking sheet in hot oven (400°F.) ½ hour. Serves 6.

SALMON CUSTARD

2 eggs, slightly beaten
1 cup evaporated milk
½ teaspoon salt
Dash pepper
Paprika
1 (1-pound) can salmon, flaked

Combine eggs, milk and seasonings; add salmon. Pour into greased baking dish, set in pan of hot water and bake in moderate over (350° F.) 25 to 30 minutes or until firm. Serves 4.

SALMON IN RICE NESTS

1 cup rice
1 egg yolk
2 cups Medium White Sauce
2 tablespoons lemon juice
⅛ teaspoon pepper
2 tablespoons cooking sherry or sherry seasoning
1 (1-pound) can salmon, flaked
⅓ cup sautéed mushrooms
2 hard-cooked eggs, sliced

Cook rice in boiling salted water until tender and drain. Beat egg yolk slightly; add white sauce slowly. Add lemon juice, pepper, sherry, salmon and mushrooms. Heat thoroughly. Shape rice into mounds on plates; make depression in center of each to form nests. Fill with salmon mixture. Garnish with egg slices. Serves 8.

BAKED SALMON AND RICE—Arrange rice and salmon mixture in layers in a baking dish and bake in a moderate oven (350° F.) 20 minutes. Unmold and garnish with egg slices.

Dinner is ready when you unmold this salmon ring and fill with vegetables

SALMON CHOWDER

1 (1-pound) can salmon
1 cup cooked tomatoes
1 small onion, finely sliced
2 cups water
¼ cup flour, 3 cups milk
1½ teaspoons salt
⅛ teaspoon pepper

Flake salmon. Add tomatoes, onion and water. Simmer 20 minutes. Combine flour, milk and seasonings; cook until thickened, stirring constantly. Add salmon mixture and serve at once. Serves 6.

SALMON RAREBIT

¼ pound sharp cheese
1 cup tomato purée
½ teaspoon salt
1 teaspoon prepared mustard
1 tablespoon Worcestershire sauce
2 eggs, slightly beaten
1 cup evaporated milk
1 (1-pound) can salmon

Melt cheese over boiling water, blend in tomato purée and seasonings gradually. Add eggs to milk and stir slowly into cheese mixture. Add salmon broken into large pieces and heat 5 minutes. Serve on hot toast, for 6.

SALMON FONDUE

5 slices bread
1 cup milk
2 tablespoons butter
1 cup flaked cooked salmon
3 eggs, separated
½ teaspoon salt
¼ cup grated American cheese

Trim crusts from bread and cut bread into ½-inch cubes. Heat milk in double boiler. Add bread cubes, butter, liquid from salmon and well-beaten egg yolks; season with salt and cook until thickened, stirring constantly. Remove from heat and stir in cheese. Cool for 10 to 15 minutes. Add salmon. Beat egg whites until stiff and fold into mixture. Pour into greased baking dish. Place dish in shallow pan of hot water and bake in moderate oven (350° F.) 1 hour, or until a knife inserted in center comes out clean. Serves 6.

Chopped shrimp, flaked tuna or minced clams may be used instead of salmon.

SALMON RICE LOAF

1 cup cooked rice
¾ cup toasted buttered bread crumbs
2 eggs, beaten
½ teaspoon salt
½ teaspoon celery salt
⅛ teaspoon pepper
1 tablespoon chopped onion
1 tablespoon chopped parsley
1 tablespoon chopped pimiento
4 cups flaked canned salmon

Combine ingredients in order given and place in buttered ring mold. Bake in moderate oven (350°F.) 30 to 40 minutes. Remove from oven and brush with melted butter. Turn onto serving platter, fill center with buttered peas and carrots and garnish with tomato wedges. Serve with Lemon Butter Sauce. Serves 8 to 10.

SALMON SOUFFLÉ

3 tablespoons butter
3 tablespoons flour
1 cup evaporated milk
½ cup water
¼ teaspoon salt
4 eggs, separated
1 (1-pound) can salmon, flaked

Melt butter and blend with flour. Add milk, water and salt; cook until thickened, stirring constantly. Pour slowly over stiffly beaten egg yolks. And salmon. Fold in stiffly beaten egg whites. Pour into buttered baking dish, place in pan of hot water and bake in moderate oven (350°F.) 45 to 50 minutes. Serves 6.

SAVORY SALMON LOAF

½ cup buttered bread crumbs
2 eggs, slightly beaten
½ cup milk
1 (1-pound) can salmon, flaked
1 teaspoon lemon juice
½ teaspoon salt
Dash pepper
½ teaspoon sage
2 teaspoons finely chopped onion
1 tablespoon chopped parsley
1 tablespoon melted butter

Combine ingredients in order given. Pack firmly into buttered loaf pan and bake in moderate oven (350°F.) 30 to 40 minutes. Turn out onto platter and garnish with sliced hard-cooked eggs and sliced pickles. Serves 6.

DEVILED SALMON IN POTATO NESTS

2 tablespoons minced onion
2 tablespoons minced pepper
3 tablespoons fat
1 cup condensed tomato soup
1 teaspoon prepared mustard
½ teaspoon salt
1 teaspoon lemon juice
1 (1-pound) can salmon, flaked
3 cups mashed potatoes
½ cup bread crumbs
3 tablespoons melted butter

Brown onion and green pepper in fat. Add soup and seasonings. Simmer for few minutes; add salmon. Shape potatoes into 6 nests on buttered baking sheet and fill with salmon mixture. Top with crumbs mixed with melted butter. Bake in hot oven (400° F.) until crumbs are browned, about 15 minutes. Serves 6.

SALMON STUFFED POTATOES

6 medium potatoes
⅓ cup hot milk
1 egg, well beaten
1 teaspoon salt
¼ teaspoon paprika
1 tablespoon lemon juice
1½ cups flaked cooked salmon
⅓ cup minced onions
2 tablespoons butter
Buttered crumbs

Bake potatoes, remove from oven and split lengthwise into halves. Scoop out potatoes, mash and add milk, egg, salt, paprika, and lemon juice; beat until light and fluffy. Fold in salmon and onions which have been sautéed in butter. Refill potato shells, sprinkle with buttered crumbs and bake in moderate oven (350°F.) 20 minutes. Serves 6.

Corral your family before serving this soufflé; it waits for no man

SALMON AND VEGETABLES IN A DISH

2 tablespoons diced onion
2 tablespoons butter
2 cups cooked peas
1 (1-pound) can salmon
2 cups diced cooked potatoes
Dash pepper
½ cup sour cream

Cook onion in butter until tender but not browned. Add liquid from peas and salmon and cook until reduced to about ½ cup. Place potatoes in shallow baking dish, add peas and sprinkle with pepper. Break salmon into large pieces and arrange on top of vegetables; combine reduced liquid mixture with sour cream and pour over vegetables and fish. Bake in moderate oven (350°F.) 40 minutes, or until vegetables have absorbed most of the liquid. Serves 6.

Instead of potatoes, use cooked rice mixed with 2 tablespoons minced pimiento.

Your bridge luncheon guests will be flattered by this tuna baked in shells

SCALLOPED TUNA AND POTATOES

5 cooked potatoes
1 (7-ounce) can tuna
1 tablespoon diced onion
1 can condensed celery soup
Paprika

Slice potatoes and flake tuna. Fill greased casserole with alternate layers of potatoes, tuna, onion and celery soup until all are used. Pour the oil from tuna over mixture and sprinkle with paprika. Bake in hot oven (425° F.) about 30 minutes. Serves 6.

Salmon, shrimp, oysters or clams may be used instead of tuna.

TUNA LOAF

1 large can tuna, flaked
1 can ready-to-serve cream of tomato or mushroom soup
2½ cups soft bread crumbs
½ cup milk
¼ cup minced pimiento
3 tablespoons minced parsley
1 teaspoon salt
⅛ teaspoon pepper
2 eggs, beaten

Force tuna through food chopper, using small blade. Combine with soup. Soak crumbs in milk and add tuna mixture, pimiento, parsley, seasonings and eggs. Mix thoroughly. Place in greased loaf pan and bake in moderate oven (350°F.) 30 to 40 minutes. Serve with creamed peas. For 6.

Bake in greased muffin pans, unmold and serve as above.

Use celery soup for mushroom. Add ¼ teaspoon each basil, and summer savory.

TUNA AND MUSHROOM CASSEROLE

4 tablespoons butter
4 tablespoons flour
¼ teaspoon pepper
2½ cups milk
3⅛-ounce package potato chips, crushed
2 (7-ounce) cans tuna, flaked
¾ cup sliced cooked mushrooms

Melt butter in top of double boiler; blend in flour and pepper; add milk gradually and cook until thickened. Combine ¾ of potato chip crumbs with fish, mushrooms and sauce. Pour into greased casserole; cover with remaining potato chips. Bake in moderate oven (350°F.) 30 minutes. Serves 6.

TUNA BAKED IN SHELLS

1 (7-ounce) can tuna
1 tablespoon butter
1 tablespoon flour
1 cup milk
Salt and pepper
Paprika
Bay leaf
½ cup bread crumbs
2 hard-cooked eggs, minced
3 tablespoons lemon juice
1 teaspoon Worcestershire sauce
4 tablespoons grated cheese

Flake tuna. Melt butter, blend in flour and add milk and seasonings. Cook until thickened, stirring constantly. Remove bay leaf. Add tuna, crumbs, eggs, lemon juice and Worcestershire sauce; fill baking shells and sprinkle with additional crumbs and grated cheese. Bake in moderate oven (350°F.) 30 minutes. Serves 4.

TUNA SUPREME

¾ cup sliced mushrooms
2 tablespoons butter
1 tablespoon flour
1 cup milk
½ cup soft bread crumbs
1 (7-ounce) can tuna, flaked
2 tablespoons chopped parsley
1 teaspoon salt
⅛ teaspoon pepper
2 eggs, beaten

Sauté mushrooms in butter. Blend in flour, add milk and cook until thickened, stirring constantly. Add crumbs, tuna, parsley, seasonings and eggs. Pour into greased shallow baking dish. Place in shallow pan of hot water and bake in moderate oven (350°F.) about 40 minutes. Serves 6.

Salmon, crab meat, lobster or minced clams may be used instead of tuna

Use 1 cup chicken gravy instead of flour and milk. Add 2 tablespoons pimiento.

FISH SALADS

TOMATO CAVIAR APPETIZERS

½ teaspoon salt
4 tiny tomatoes, peeled and hollowed out
2 hard-cooked eggs, chopped
2 teaspoons chopped pickled onion
Dash pepper
Watercress or lettuce
Caviar mayonnaise

Salt tomatoes, invert and chill. Combine eggs with onion; add pepper and fill drained tomatoes with mixture. Arrange each on watercress and top with mayonnaise. Serves 4.

Other fillings:

Small pearl onions and chopped celery with French dressing.

Diced lobster, shrimp or crab meat marinated in French dressing.

Chopped anchovies and pearl onions, topped with fluffy horse-radish mayonnaise.

Mashed cooked chicken livers or pâté de foie gras, chopped pickled onions and chopped hard-cooked eggs, topped with fluffy horse-radish mayonnaise.

Diced cooked asparagus, minced celery and horse-radish topped with appetizer mayonnaise.

Green beans and chopped celery topped with caviar mayonnaise or French dressing.

WHITEFISH SALAD

1 pound smoked whitefish
1 cup wine vinegar
Salad greens

Marinate smoked whitefish in wine vinegar for 1 hour. Drain well. Serve on salad greens. Serves 8.

Use smoked salmon, trout, sturgeon or shrimp.

Place fish on thin rounds of rye toast, place on greens and serve with French dressing.

JELLIED SALMON LOAF

1 (1-pound) can salmon
1 tablespoon unflavored gelatin
2 tablespoons cold water
1 cup tart salad dressing
1 hard-cooked egg, sliced
Stuffed olives

Flake salmon. Soften gelatin in cold water, dissolve over hot water and add to salad dressing. Add flaked salmon. Line a loaf pan with waxed paper. Cover bottom with slices of egg and olives. Pack salmon mixture into mold and chill until firm. Unmold and serve on crisp lettuce garnished with additional salad dressing. Serves 4 to 6.

SALMON SALAD

1 (1-pound) can salmon
⅓ cup chopped sweet pickles
⅔ cup diced celery
2 hard-cooked eggs, diced
2 teaspoons lemon juice
Mayonnaise

Flake salmon. Combine with remaining ingredients, using enough mayonnaise to moisten. Serves 4. Used diced cucumbers or shredded cabbage instead of celery. Use cubed tomatoes instead of pickles.

SHRIMP—Use shrimp instead of salmon.

TUNA—Use tuna instead of salmon.

BUFFET SALMON MOUSSE

1 tablespoon unflavored gelatin
¼ cup cold water
2 tablespoons sugar
1 teaspoon salt
1 teaspoon prepared mustard
½ cup vinegar
2 egg yolks, beaten
1 tablespoon prepared horse-radish
1 (1-pound) can salmon, flaked
1 cup chopped celery
½ cup heavy cream, whipped
Olives, sliced
Pimiento strips
Watercress

Soften gelatin in cold water. Mix sugar, salt and mustard thoroughly. Combine with vinegar and egg yolks in double boiler. Cook until thick, stirring constantly. Remove from heat, add gelatin and stir until dissolved. Add horse-radish. Chill until mixture begins to thicken. Add salmon and celery and fold in cream. Place olive slices and pimiento strips in bottom of oiled fish mold. Turn mixture into mold. Chill until firm. Unmold onto platter. Garnish with watercress. Serves 8 to 10.

Use smoked salmon, trout, sturgeon or shrimp.

A salmon mousse for the evening's buffet makes serving quick and easy

PICNIC SALAD

1 (1-pound) can salmon, broken into large pieces
1 cup sliced celery
½ cup chopped cabbage
½ cup sweet pickle relish
½ teaspoon salt
Dash pepper
1 tablespoon prepared horse-radish
1 tablespoon minced onion
1½ cups cooked salad dressing

Combine ingredients in order given. Line salad bowl with lettuce leaves and endive or romaine. Fill with salad and garnish with sliced radishes and dill pickles. Serves 6.

Remove center from long rolls. Serve salad in rolls with lettuce, endive or romaine, omitting radishes and pickles. Add ½ cup grated carrots.

The youngsters will enjoy tossing this salad for Sunday night supper

JELLIED EEL

4-pound eel
2 bay leaves
8 whole allspice
6 cloves
2 lemon slices
½ teaspoon salt
¼ teaspoon pepper
Unflavored gelatin
Horse-radish Sauce

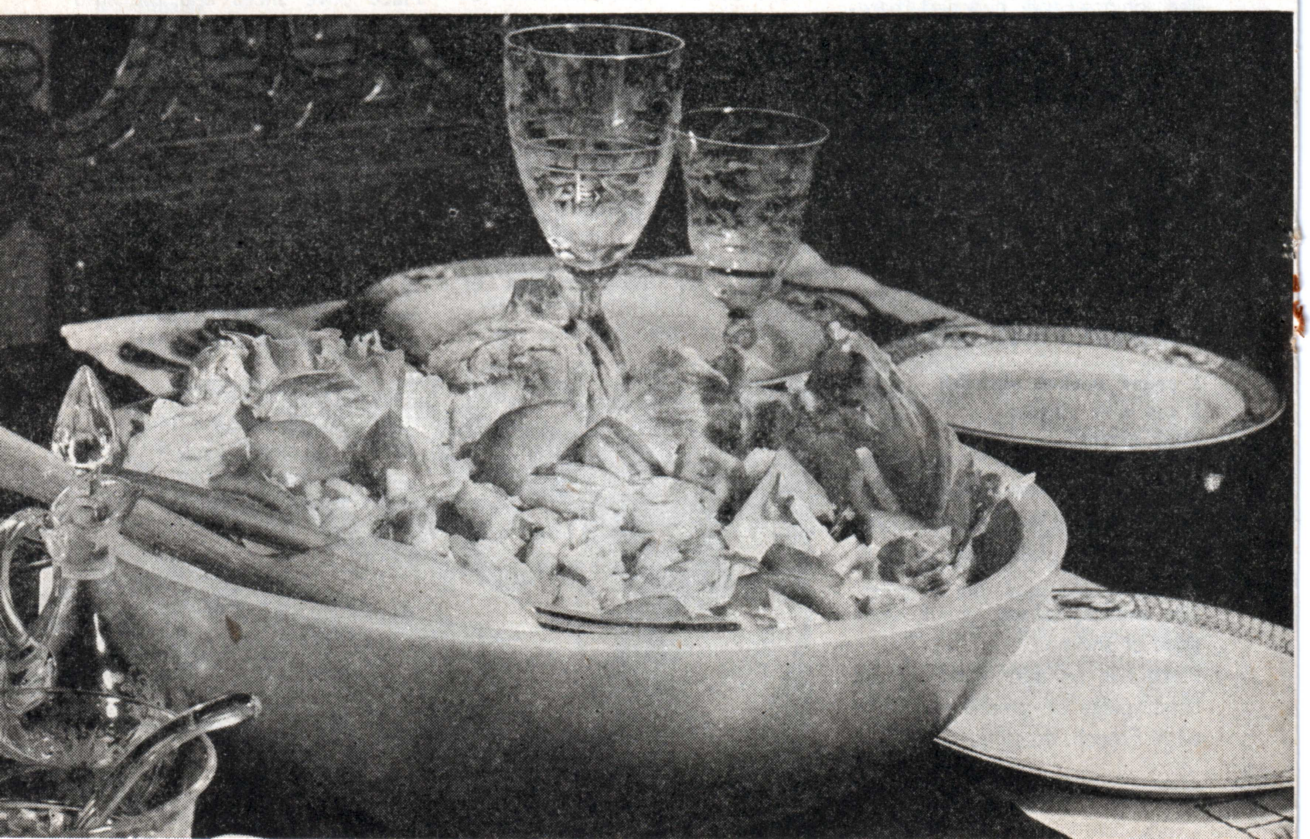
Skin and clean eel. Cut on bias into 1-inch lengths. Cover with cold water, heat to boiling, skim and add remaining ingredients except gelatin and sauce. Simmer until eel is tender, about 1 hour. Arrange fish in mold. Strain broth and cook 10 minutes or until cooked down enough to just cover fish. Measure broth, and allow ½ tablespoon gelatin for each 2 cups of liquid. Soften gelatin in cold water 5 minutes, dissolve in hot broth, pour over fish and chill until firm. Serve with sauce, for 6.

SUNDAY SUPPER SHRIMP SALAD BOWL

2½ cups cooked shrimp, cleaned and halved
1 cup cooked peas
½ cup chopped celery
2 hard-cooked eggs, sliced
1 small cucumber, pared, scored and sliced thin
1 small head lettuce, shredded
Mustard French dressing

Have ingredients chilled and combine all except the dressing in a salad bowl. Add dressing and toss until salad is lightly coated with dressing. Garnish top with a few whole shrimp. Serves 6.

Mix shrimp and celery; marinate in French dressing. Marinate peas. Line bowl with lettuce. Arrange salad materials in 3 mounds in bowl separating with slices of cucumber.



SHRIMP CATALINA

1 pound fresh shrimp, boiled
2 large ripe tomatoes
1 stalk celery, chopped fine
¼ teaspoon paprika
½ teaspoon salt
Mayonnaise

Clean shrimp and chill. Peel tomatoes, chop fine, add celery and combine with shrimp. Season with paprika and salt and add mayonnaise to moisten. Mix well and serve cold on salad greens. Serves 4.

PICKLED HERRING

1 salt herring
⅓ cup vinegar
½ small onion, sliced
1 teaspoon mixed pickling spices

Soak herring in cold water overnight. Clean, removing skin and bones. Cut into 1-inch pieces and place in jar or bowl; add vinegar, onion and spices. Let stand several hours before serving. Serves 4.

KIPPERED HERRING SALAD

1 (14-ounce) can kippered herring
2½ cups diced cooked beets
1 small onion, thinly sliced
¼ cup French dressing
1 small head lettuce
6 deviled eggs

Remove bone and skin from herring and break into large pieces. Drain beets and add to herring. Separate slices of onion into rings and add to beets. Sprinkle with French dressing and chill for 1 hour. Shred lettuce and arrange on salad plate. Place salad in a mound on lettuce and arrange deviled eggs around it. Serves 6.

LOBSTERS EN COQUILLE SALAD

2 small lobsters, boiled; Lettuce
4 tablespoons coral mayonnaise

Serve cold lobster in the shell on crisp lettuce with coral mayonnaise. Serves 2.

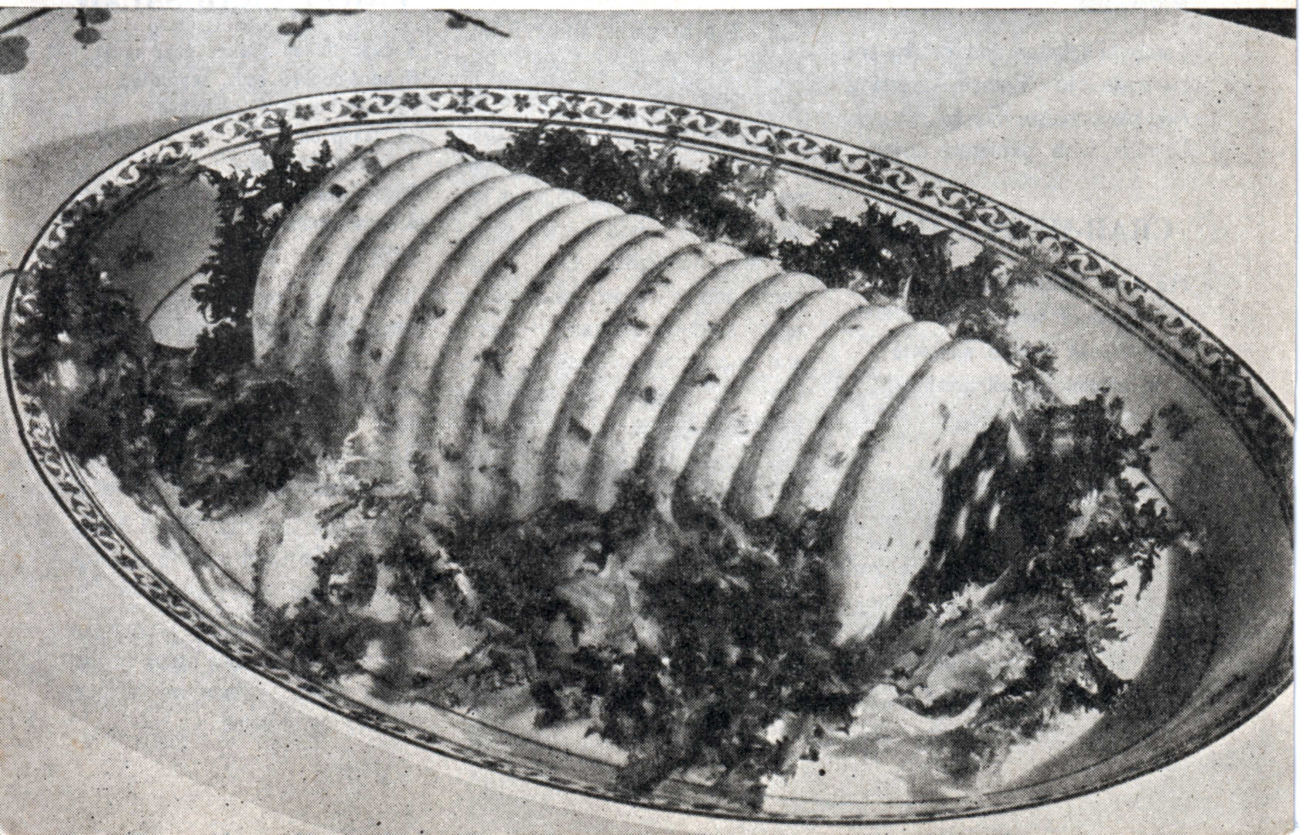
MOLDED TUNA SALAD

2 (6-ounce) cans tuna
2 hard-cooked eggs, chopped
½ cup chopped stuffed olives
1 tablespoon minced chives or onion
1 tablespoon unflavored gelatin
¼ cup cold water
2 cups mayonnaise
Lettuce

Mince tuna with next 3 ingredients. Soften gelatin in cold water 5 minutes, dissolve over hot water and add to mayonnaise gradually, stirring constantly. Fold into fish mixture. Turn into mold and chill until firm. Unmold on lettuce and garnish with chicory. Serves 6 to 8.

Use 2 cups tomato juice instead of mayonnaise and celery instead of olives.

Conjure this molded tuna salad out of your refrigerator when guests are hungry



LOBSTER FILLED AVOCADO

1 cup diced celery
1 cup lobster meat
½ cup French dressing
2 avocados
Mayonnaise

Mix celery and lobster and marinate ½ hour. Cut avocados in halves lengthwise and remove seed. Drain lobster mixture; fill avocados. Top with mayonnaise. Serves 4.

Use tuna, salmon, shrimp, or crab meat for lobster. Use sections cut from pared grapefruit for celery.

Mix anchovy paste with mayonnaise and chopped olives.

LOBSTER SALAD

2½ cups flaked cooked lobster
⅓ cup diced celery
2 tablespoons French dressing
Mayonnaise

Combine lobster and celery and marinate in French dressing. Add mayonnaise. For 6.
Garnish with pimiento strips.

CRAB-MEAT SALAD

1½ cups cooked crab meat
¾ cup diced celery
1 tablespoon minced pimiento
1 tablespoon minced green pepper
¼ teaspoon salt
Mayonnaise
Lettuce cups

Shred crab meat and discard all tough spines. Mix crab meat, celery, pimiento, green pepper and salt and add enough mayonnaise to moisten. Serve in lettuce cups. Serves 4.

LOBSTER SALAD SUPREME

2 cups flaked cooked lobster
¼ cup chopped stuffed olives
2 hard-cooked eggs
1 teaspoon capers
⅓ cup French dressing

Combine all ingredients and chill for 1 hour before serving. Serve on lettuce and garnish with lobster claws. Serves 6.
Omit capers and add 1 teaspoon minced chives and ½ cup diced celery. When ready to serve mix with ⅓ cup mayonnaise.

SARDINE POTATO SALAD

1 clove garlic
1 small onion
3 hot boiled potatoes
¼ cup French dressing
3 hard-cooked eggs
1 (4-ounce) can sardines
Mayonnaise
Lettuce

Cut clove of garlic and rub over inside of chopping bowl. Peel onion and chop fine. Add peeled hot potatoes and break them carefully into pieces, taking care not to mash them or to leave any large pieces. Add French dressing and mix lightly. Chill. When cold, add chopped hard-cooked eggs, sardines broken in pieces and enough mayonnaise to moisten. Mix lightly and serve on lettuce. Serves 4.

Use 4 hard-cooked eggs. Cut into halves, remove yolks and mash with sardines. Mix with mayonnaise and fill egg whites. Arrange in a ring around mound of potato salad.

Garnish salad with whole sardines and sliced hard-cooked eggs.

SEA FOOD, TOMATO AND AVOCADO SALAD

6 medium tomatoes
Salt
French dressing
½ cup diced avocado
½ cup flaked crab meat or diced shrimp
3 tablespoons lemon juice
Mayonnaise

Wash tomatoes, peel, cut into 6 petals by cutting from stem end to within 1 inch of the bottom, sprinkle with salt, marinate in dressing and chill. Combine avocado and sea foods, sprinkle with lemon juice and fill the center of each tomato, pulling the petals apart to make more room for filling. Serve with mayonnaise on salad greens. Serves 6.
Add ¼ cup sliced celery. Garnish with lemon wedges.

PARTY CRAB SALAD

3 cups flaked cooked crab meat
5 hard-cooked eggs, separated
½ cup almonds, blanched
¼ teaspoon salt
1 cup mayonnaise
1 cup heavy cream, whipped
1 green pepper
Lettuce

Mix crab meat, egg whites, chopped; almonds, sliced; and salt together. Combine mayonnaise and whipped cream and fold into crab-meat mixture. Serve on crisp lettuce, garnished with green pepper rings. Serves 6.

Three-quarters cup French dressing may be used instead of mayonnaise and whipped cream.

Serve crab salad in cucumber boats, green pepper cases or tart apple shells. Place on lettuce, chicory or romaine.

SCALLOP SALAD

1 pound scallops
1 quart boiling water
1 teaspoon salt
1 small onion
½ clove garlic
½ cup French dressing
1½ cups chopped celery
½ cup diced sweet pickles
¼ cup mayonnaise
Lettuce

Drain and rinse scallops. Drop into boiling water and add salt, onion and garlic. Cook for 10 minutes. Drain and chill. Dice scallops and marinate in French dressing for 1 hour. Combine with celery, pickles and mayonnaise and serve on crisp lettuce. Garnish with cucumber slices. Serves 6.

SEA FOOD SALAD

1 cup flaked cooked halibut
1 cup flaked cooked crab meat
1 cup chopped celery
¼ cup chopped sweet pickle
2 tablespoons lemon juice
½ cup mayonnaise

Combine ingredients and chill thoroughly. Serve in lettuce cups for 5.

FROZEN TUNA CREAM

1 cup flaked tuna
¼ cup mayonnaise
½ cup heavy cream, whipped
2 tablespoons prepared horse-radish
1 teaspoon Worcestershire sauce
Salt

Mash tuna to a smooth paste and blend with mayonnaise. Fold in whipped cream with remaining ingredients. Place in freezing tray of refrigerator and freeze until firm. Serves 4.

FRESH FISH SALAD

2 cups flaked cooked fish (trout, bass, pike or pickerel)
1 cup cooked elbow macaroni
½ cup diced celery
1 tablespoon chopped onion
¼ cup chopped sweet pickles
⅓ cup French dressing
Dash Tabasco sauce
¼ teaspoon salt

Combine all ingredients and chill for at least 1 hour before serving. Serves 6.

FISH SALAD COMBINATIONS

Use 2 cups flaked cooked fish and ¼ cup French dressing as a basis and add any one set of ingredients following:

1 cup diced cucumbers, ½ cup diced celery, ¼ teaspoon salt, dash cayenne.

1 cup diced tart apples, lemon mayonnaise instead of French dressing.

3 hard-cooked eggs, chopped; ¼ cup chopped dill pickle, 1 cup shredded lettuce, 1 teaspoon Worcestershire sauce in ⅓ cup French dressing.

1 cup shredded carrots, ½ cup chopped celery, 1 teaspoon grated onion, 1 tablespoon lemon juice.

Color and vitamins are added to your salad when they are served in tomatoes

TUNA SALAD IN TOMATOES

1 (7-ounce) can tuna
½ cup chopped celery
2 sour pickles, chopped
1 hard-cooked egg, chopped
2 tablespoons French dressing
4 tomatoes
Salt
⅓ cup mayonnaise
1 head lettuce

Flake tuna and combine with celery, pickle and egg. Marinate in French dressing and chill. Peel tomatoes, scoop out centers, sprinkle with salt, invert and chill. Combine chopped center of tomatoes with tuna mixture and mayonnaise, stuff tomatoes with mixture. Serve on lettuce. Garnish if desired with quartered hard-cooked eggs and ripe olives. Serves 4.

Fill tomatoes with any one of the following salads:
Fresh Fish Salad
Sea Food Salad
Scallop Salad
Party Crab Salad
Lobster Salad

CLAMS AND OYSTERS

CLAMS

There are two general types of clams, the soft clams and the hard or quahog clams. The latter group is divided into 3 classes: The littlenecks, small in size; the cherry stone, medium-sized; and the large chowder clams. The littleneck and cherry stone clams may be used uncooked.

When purchased the shells should be tightly closed or close at a touch as an indication of freshness. They may be opened with a knife or steamed open.

CLAM COCKTAIL

5 clams in shells
Cocktail Sauce (page 30)

Open clams with a knife. Arrange clams, in deeper half of shells, on a soup plate full of crushed ice. Sink small glass in center and fill with cocktail sauce. Garnish with parsley and lemon. Serve as soon as thoroughly chilled. Serves 1.

Clams for cocktails should be very chilly morsels; the sauce hot and spicy

STEAMED CLAMS

Wash clams in several waters, scrubbing shells well to remove any sand. Place in large kettle, using ½ cup of water to cover bottom of kettle. Cover kettle tightly, place over low heat and steam until shells open (about 15 minutes). Serve in the shells in soup plates, accompanying each serving with a small dish of melted butter to which a few drops of lemon juice have been added, and a cup of the hot clam liquor.

STEAMED MUSSELS—Wash and cook mussels as above. Trim and discard horny beard. Serve as directed for Steamed Clams.

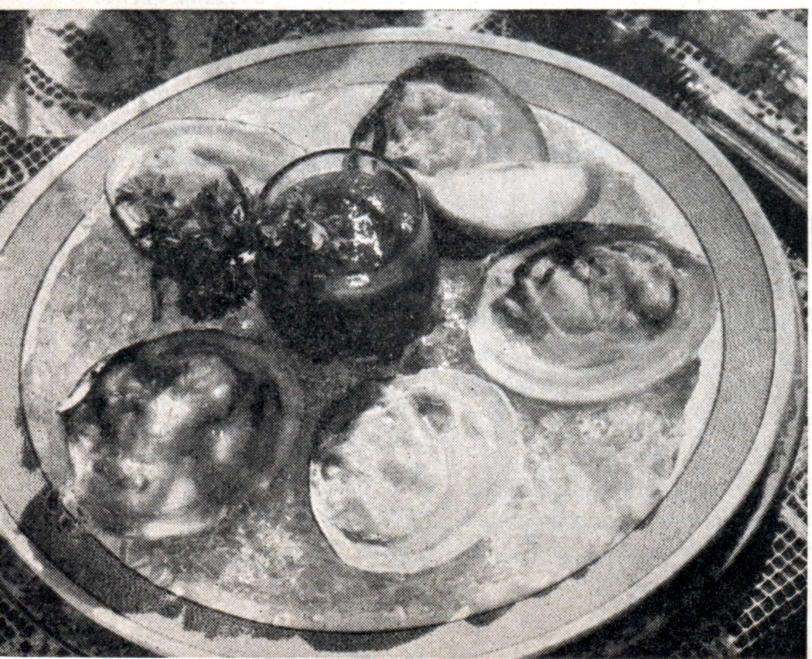
NEW ENGLAND CLAMBAKE

The seashore is the traditional and ideal spot for the clambake, but any flat open space may serve as the locale. The only other essentials are the clams, firewood, a supply of stones, seaweed or hay, a barrel and a piece of tarpaulin.

Besides the clams other foods which may be steamed are included in the bake. Corn with all but the inside husks removed, lobsters, potatoes and chickens wrapped in cheesecloth are among the traditional favorites. The clams should be washed many times in clean sea or fresh water to remove the sand.

When all necessary materials have been assembled, arrange a mound of stones so they will provide adequate draught for the fire. Build a large hot fire on top the stones and when it is blazing well, dump 3 more buckets of stones on the fire, pile on more wood, then more stones and continue in this way, keeping the fire wigwam shaped. Heat the stones 1 hour until they are crackling hot.

In the meantime cover a large barrel with burlap, unless a wooden hooped barrel is used, in which case the burlap may be omitted. Dig a deep hole in the beach and sink the barrel into it to within 3 inches of the top. Cover the bottom of barrel with ½ inch of sea water. If fresh water is used, sprinkle ½ cup salt over the clams. Empty 5 to 6 bucketfuls of hot stones from the fire into the barrel. Put in a layer of seaweed or wet hay, 3 inches deep. Then pour in the clams, add another layer of seaweed, live lobsters, more seaweed, then the corn and potatoes. Pack in more seaweed until barrel is filled. Spread tarpaulin over the top, tie securely and cover the entire barrel with sand. Let it steam for 1½ hours. Open the barrel and serve the flavorful contents with plenty of melted butter. For 20 people 1 bushel of clams, 20 small lobsters or 10 small chickens cut into halves, 20 ears of corn, 20 potatoes and 2 pounds of butter should suffice.



NEW ENGLAND CLAM CHOWDER

¼ pound salt pork, cubed
2 small onions, minced
1 quart shucked clams
6 to 8 medium potatoes
Water
Salt, if needed
½ teaspoon pepper
1 to 2 (14-ounce) cans evaporated milk
6 to 8 common crackers, split
Cold milk

Fry salt pork in deep kettle until golden brown. Add onions and cook 2 to 3 minutes. Remove stomach from clams, chop hard parts and leave soft parts whole or chop them, as preferred. Arrange potatoes and hard parts of clams in layers over onions, cover with cold water, heat to boiling and simmer until potatoes are soft. Add soft part of clams, seasonings and evaporated milk. Heat to boiling and add crackers softened in cold milk. Heat thoroughly. Serves 6 to 8.

MANHATTAN CLAM CHOWDER

¼ pound salt pork
2 large onions, chopped
1 carrot, diced
1 cup chopped celery
1 green pepper, diced
2 cups cooked tomatoes
4 cups water
Thyme
Salt and pepper
2 dozen large clams, shucked and minced
Crackers

Dice salt pork, brown and remove cracklings from fat. Brown onions, carrot, celery and green pepper lightly in the fat. Add tomatoes, water and seasonings. Cook for 10 minutes. Add clams with liquor and simmer until tender. Thicken with crushed crackers. Serves 6.

CLAM RAREBIT

½ cup chopped green pepper
½ cup chopped celery
6 tablespoons fat
3 tablespoons flour
3 cups milk
½ pound Cheddar cheese, broken
1 teaspoon salt
1 tablespoon horse-radish mustard
1 teaspoon Worcestershire sauce
½ teaspoon paprika
1 pint clams
Toast

Cook green pepper and celery in fat until tender. Stir in flour, add milk and cook until thickened, stirring constantly. Add cheese and seasonings and cook over hot water, stirring until cheese is melted. Simmer clams in their own liquor until tender, add to cheese mixture and serve at once on hot toast. Serves 10 to 12.

Pour mixture into a casserole and top with small baking powder biscuits. Bake in a hot oven (400°F.) 15 minutes.

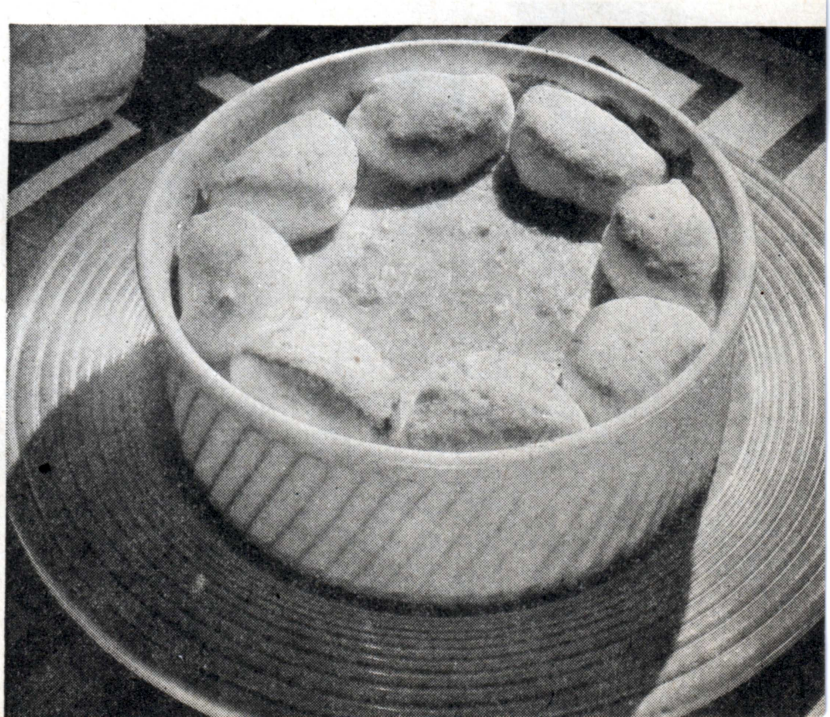
Pour into individual casseroles. Top each with large biscuit.

BACON STUFFED CLAMS

24 littleneck clams
3 fresh mushrooms, chopped fine
2 slices cooked bacon, chopped fine
1 teaspoon minced parsley
Salt and pepper
Bread crumbs
Butter

Scrub clams well and place in dripping pan, having bottom covered with rock salt. Place in hot oven (400°F.) until clams begin to open, take from oven, remove from shells, save liquor, chop, and combine with the clam liquor, mushrooms, bacon, parsley, salt and pepper. Add enough bread crumbs to thicken, so that the mixture will hold its shape in shells. Mix thoroughly and fill the clam shells. Sprinkle with bread crumbs and place a small piece of butter on each shell. Bake in moderate oven (350°F.) until brown on top, about 12 minutes. Serves 4.

Clam rarebit takes as kindly to baking powder biscuits as it does to toast



CLAM FRITTERS

1 pint clams
2 cups sifted flour
1½ teaspoons baking powder
1 teaspoon salt
1 egg, beaten
1 cup milk (about)

Remove soft part from clams, mince hard parts and combine. Sift flour, baking powder and salt together. Combine egg and clams and add to flour with enough milk to make a thick batter. Drop by teaspoons into hot deep fat (360°F.) or sauté until brown. Serves 6.

CLAM CORN CASSEROLE

1 (7-ounce) can clams, Milk
3 eggs, beaten
1 tablespoon minced onion
2 tablespoons chopped pimientos
½ teaspoon salt, Dash cayenne
1 cup cream style corn
½ cup cracker crumbs
1 tablespoon melted butter

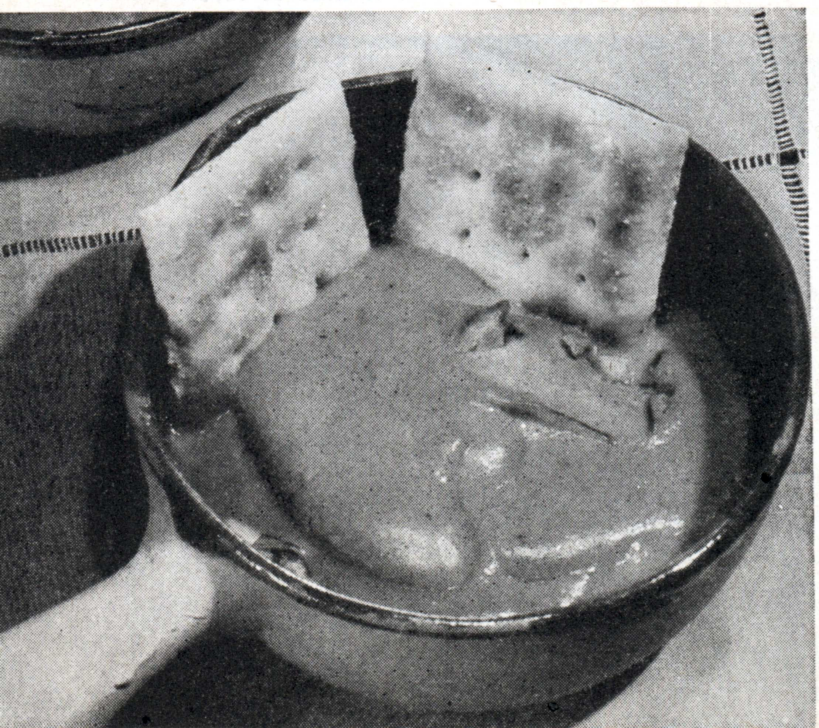
Drain liquid from clams, add enough milk to make 1 cup liquid and combine with beaten eggs. Add remaining ingredients and pour into greased casserole. Bake in moderate oven (375°F.) until firm, about 45 minutes. Serves 6.

OYSTERS

Oysters in the shell are sold by the dozen; "shucked" oysters by the dozen, pint or quart. If bought in the shell they should be tightly closed as an indication of freshness. Shucked oysters should be plump with no sunken areas or evidence of shrinkage. The liquor should be clear, fresh and sweet smelling.

Wash oyster shells thoroughly and rinse in cold water but do not soak. Insert a strong thin knife between shells near the thick end and run it around back of shell until muscle holding shells is cut. Discard flat shell, save liquid from oysters and remove any small pieces of shell from oysters. Serve oysters on the deep half of shell or use in recipes as desired.

Crisp crackers are a natural complement for oysters in casserole



OYSTER COCKTAIL

3 to 6 oysters
COCKTAIL SAUCE
2 tablespoons tomato catchup
½ tablespoon lemon juice
¼ teaspoon salt
3 to 4 drops Tabasco sauce
1 teaspoon horse-radish
¼ teaspoon Worcestershire sauce

Prepare oysters on the half shell and place on bed of ice in soup plates. Combine remaining ingredients, place sauce in small glass in center of plate with lemon wedge. Serves 1.

OYSTERS IN CASSEROLE

2 tablespoons butter
1 tablespoon flour
¾ cup cream
⅔ cup tomato catchup
1 teaspoon Worcestershire sauce
Few drops lemon juice
Salt and pepper
1 pint oysters

Melt butter, blend in flour and add cream and catchup gradually. Cook until thickened, stirring constantly. Add Worcestershire sauce, lemon juice, salt and pepper. Cook oysters slowly in their own liquor until edges curl. Drain, place oysters in individual buttered casseroles and cover with the sauce. Bake in moderate oven (375°F.) 15 to 20 minutes. Serves 4.

OYSTER STEW

6 cups milk, 1 quart oysters
¼ cup butter
1½ teaspoons salt
2 teaspoons celery salt
Dash pepper

Scald milk; heat oysters in their own liquor for about 5 minutes or until edges begin to curl. Add butter, seasonings and hot milk. Serve immediately. Serves 6.

ESCALLOPED OYSTERS

1 quart oysters
1 teaspoon salt
1 cup fine cracker or toasted bread crumbs
4 tablespoons butter
1 cup milk

Drain liquor from oysters and reserve. Be sure oysters are free from shell and sand. Place 1 layer of oysters in large baking dish, sprinkle with salt and cover with layer of crumbs. Repeat with another layer of oysters, salt and crumbs. Dot with butter. Pour on reserved oyster liquor and add milk just to the top layer of oysters. Bake in moderate oven (350°F.) until edges of oysters curl and top is browned. Serve hot. Serves 6.

Add 2 teaspoons chili powder, sprinkling some over each layer of oysters.

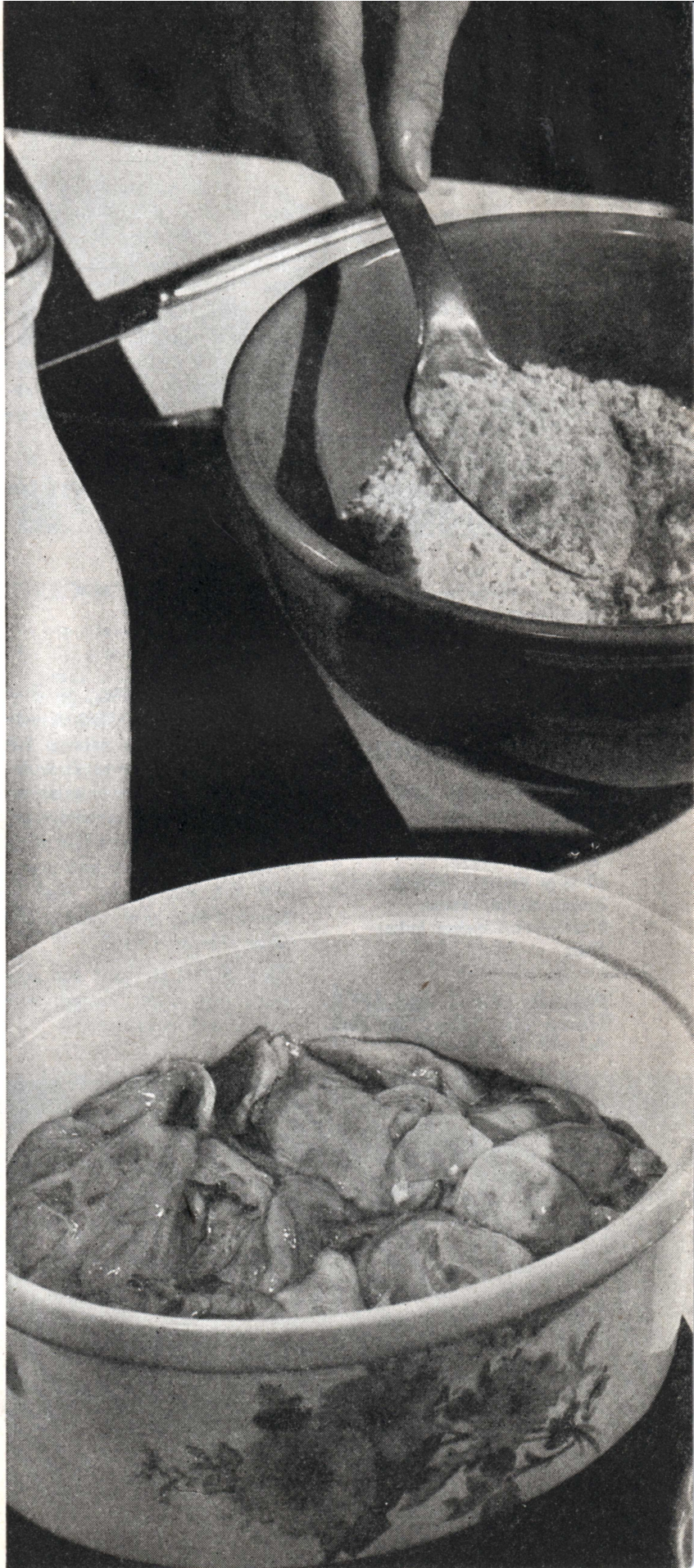
Use 1 pint of oysters and 2 cups cracker crumbs instead of amounts given above. Use 1 can condensed chicken gumbo soup instead of milk. Pour half of soup over each layer of oysters.

FRIED OYSTERS

24 large shucked oysters
2 eggs
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons cold water
1 cup bread crumbs

Drain oysters. Beat eggs with seasonings, add water and mix. Dip oysters into egg mixture, then into crumbs. Let stand 5 minutes before frying. Fry in hot deep fat (375°-380°F.) until brown. Serve at once. Serves 4.

Escalloped oysters on the menu are a cause for thanksgiving at any time of year



OYSTERS À LA KING

1 pint oysters
2½ cups milk and oyster liquid
½ pound mushrooms, sliced
4 tablespoons butter
4 tablespoons flour
½ cup chopped green pepper
2 tablespoons minced pimiento
1½ teaspoons salt
⅛ teaspoon pepper
Dash nutmeg
Buttered toast

Simmer oysters in their own liquid for 5 minutes. Drain thoroughly; reserve liquid. To this liquid add enough milk to make 2½ cups. Sauté mushrooms in butter for 5 minutes. Stir in flour, then add remaining ingredients, except oysters and toast. Simmer until thick. Add oysters. Serve on toast. Serves 6.

OYSTER KEBOBS

1½ cups fine bread crumbs
1 cup minced celery
½ teaspoon salt
⅛ teaspoon pepper
30 large oysters, shucked
2 eggs, slightly beaten
2 tablespoons melted butter
Toast

Panned oysters should be plump and juicy. Be careful not to overcook

Mix crumbs, celery, salt and pepper. Drain oysters, dip into egg and roll in crumb mixture until well coated. Place on skewers, allowing 5 oysters to each. Arrange skewers across top of a pan. Pour a drop of butter on each oyster, place in hot broiler, 4 inches from source of heat and brown quickly. Turn, add remaining butter and brown. Serve at once on toast. Serves 6.

BROWNED OYSTERS

1 quart oysters
Flour
4 tablespoons butter
3 tablespoons lemon juice
Worcestershire sauce
Salt
Pepper

Drain oysters, dredge in flour and brown in 2 tablespoons butter. Arrange in hot serving dish and keep hot. Brown 1½ tablespoons flour in remaining butter, stir in liquid from cooked oysters, add lemon juice and a few drops Worcestershire sauce and season with salt and pepper. Heat to boiling. Pour over oysters and serve. Serves 4 to 6.

Place oysters on toast and pour sauce over them. Garnish with parsley and lemon wedges.

OYSTERS ROCKEFELLER

4 dozen oysters in half shell
SAUCE
8 slices cooked bacon
2 cups cooked spinach
3 tablespoons minced parsley
6 celery hearts
2 green onion tops
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
½ cup butter, melted
6 tablespoons lemon juice
4 tablespoons cracker crumbs

Heat a 1-inch layer of rock salt in pans and arrange oysters in the half shell over the salt. Broil under moderate heat until edges begin to curl. Prepare sauce: Chop first 5 ingredients very fine. Add remaining ingredients and heat to boiling. Pour hot sauce over each oyster, return pan to oven to brown the sauce slightly and serve at once, serving each guest a panful of oysters. The salt is used to keep the oysters hot and to hold them upright. Serves 8.

BAKED OYSTERS AND BACON—Omit all ingredients above except oysters, bacon, parsley, salt and pepper. Season each oyster and cover with minced bacon and parsley. Broil as above.

PANNED OYSTERS

1 pint oysters
4 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper
4 slices hot toast, Parsley

Place oysters in saucepan and cook in their own liquor until edges begin to curl. Add butter, salt and pepper. Serve oysters on toast and garnish with parsley. Serves 4.

Add 2 tablespoons lemon juice and a few drops Worcestershire sauce.

CRABS

Crabs are generally divided into 2 classes, the hard-shelled crab and the soft-shelled crab; the latter of which is not a different variety, but merely a crab caught after it has shed its shell and before a new one has developed. Crabs when purchased alive should be vigorous and lively. The cooked crab meat may be purchased by the pound or in cans. Soft-shelled crabs are usually fried or broiled, while the hard-shelled crabs are boiled and the meat removed for use in various dishes.

To kill soft-shelled crabs, insert a small sharp knife into the body between the eyes or cut off the face. Lift up the pointed ends of the soft shell and remove the spongy white fibers between the two halves of the body and between the sides of the top shell and the body. Turn crab on its back and remove the apron or ventral placque—the small loose shell running to a point about the middle of the undershell. Wash crabs and cook at once.

BOILED HARD-SHELLED CRABS

Drop live crabs one at a time into boiling salted water to cover. Reheat water to boiling after adding each crab. Cook 20 to 25 minutes, drain and rinse.

Break off claws. Remove the hard top shell, working from tail end. Discard the spongy fiber and apron as above. Crack claws with a nut cracker. Remove meat, discarding all body spines. A 1-pound crab will yield about 1 cup of meat. Crab meat may be used instead of lobster in most recipes for lobster meat.

FRIED SOFT-SHELLED CRABS

Kill and clean crabs, dip into egg and roll in flour or corn meal. Sauté or fry in hot deep fat (365°F.) until brown. Serve on toast with Tartare Sauce. Allow 1 crab per serving.

Dip crabs into batter instead of egg and crumbs.

DEVILED CRABS

1 cup Medium White Sauce
1 egg, beaten
1 cup flaked cooked crab meat
2 tablespoons tomato catchup
1 green pepper, chopped
½ teaspoon salt
1 teaspoon chili powder
2 hard-cooked eggs, chopped
4 crab shells
½ cup buttered crumbs
2 tablespoons chopped parsley

Add white sauce to egg and mix with next 6 ingredients. Heap mixture into crab shells, sprinkle with crumbs and parsley and bake in hot oven (400°F.) until crumbs are browned, about 10 minutes. Serves 4.

CRAB-MEAT CASSEROLE

1 cup cooked crab meat
3 cups thick white sauce
2 cups grated cheese (½-pound)
1 teaspoon celery salt
1 green pepper, chopped
1 (4-ounce) can mushrooms, sliced
Buttered cracker crumbs

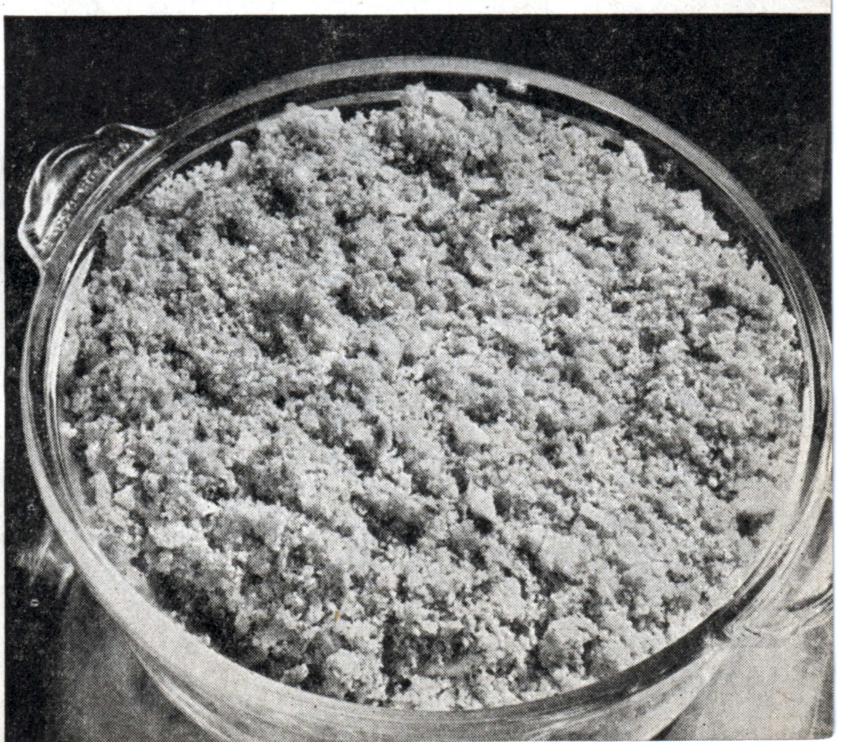
Remove spines from crab meat. Heat white sauce and cheese in double boiler and stir until smooth. Add celery salt, green pepper, mushrooms and crab meat. Pour into casserole, cover with buttered crumbs and bake in moderate oven (350°F.) about 30 minutes or until browned. Serve hot. Serves 6 to 8.

Bake in individual shells.

Bake in individual casseroles and cover with rich pastry instead of buttered crumbs.

Use ¼ cup chopped pimiento instead of green pepper.

Crab meat, mushrooms and cheese sauce are hidden under buttered crumbs



CRAB-MEAT RAREBIT

¾ cup cooked crab meat
2 tablespoons fat
2 tablespoons chopped green pepper
3 tablespoons flour
¼ teaspoon dry mustard
¾ teaspoon salt
Few grains pepper
¾ cup tomato juice
¾ cup grated American cheese
⅓ cup milk

Remove spines from crab meat. Melt fat, add green pepper and cook for 5 minutes. Blend in flour and seasonings. Add tomato juice gradually and cook, stirring constantly until thickened. Add cheese. Pour into milk, stirring constantly. Fold in crab meat and heat to boiling. Serve in bread croustades, in parboiled halves of green peppers or on toast. Serves 6.

AVOCADO CRAB CUTLETS

2 cups cooked crab meat
3 tablespoons butter
4 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1½ cups milk
2 cups diced avocado
Fine bread crumbs
3 eggs, beaten

Remove spines from crab meat. Melt butter, remove from heat and stir in flour until smooth. Add salt, pepper, and milk and cook, stirring constantly, until thick. Cool. Add avocado and crab meat and blend thoroughly. Shape into cutlets, roll in bread crumbs, then in beaten eggs and again in bread crumbs. Fry in hot deep fat (360°F.) until brown, 2 to 5 minutes. Serves 6. Omit eggs. Add ½ cup cream and pour into buttered baking dish. Cover with buttered crumbs and bake in a moderate oven (350°F.) until crumbs are brown.

CRAB CUTLETS

3 tablespoons butter
5 tablespoons flour
1½ cups milk
Salt and pepper
1 egg, beaten
Dash celery salt
1 teaspoon grated onion
2 cups cooked crab meat
Mayonnaise
Dry bread crumbs

Melt butter, blend in flour, add milk and cook, stirring constantly until thick. Add salt, pepper, beaten egg, celery salt and onion and cook until very thick. Remove spines from crab meat and add to first mixture. Chill for several hours. Form into cakes or cut into small steak-shaped pieces, dip into flour, then spread generously on both sides with mayonnaise and roll in crumbs. Brown in hot butter and serve with creamed peas, catchup or Cheese Sauce and wedges of lemon. Serves 6.

Add minced pimiento and parsley to sauce.

Brown individual croustades in oven to make crisp containers for crab rarebit

CRAB MEAT WITH MUSHROOMS

½ pound mushrooms
5 tablespoons butter
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1½ cups milk or vegetable stock
1 cup cooked crab meat, flaked
2 cups cooked macaroni
1 tablespoon grated American cheese

Clean mushrooms and sauté in 2 tablespoons butter. Melt remaining butter, blend in flour and seasonings, add milk and cook over low heat until thick, stirring constantly. Add crab meat, mushrooms and macaroni. Pile into sea shells. Top with cheese and heat in moderate oven (350° F.) 20 to 25 minutes. Serves 6.

Use avocado cubes instead of cooked macaroni. Add 2 tablespoons minced pimiento. Add ¼ teaspoon each basil, savory and celery salt.

CRAB MEAT IN SHELLS

½ cup butter, ½ cup flour
½ teaspoon salt
⅛ teaspoon pepper
3 cups milk
1 cup cooked crab meat
½ cup minced parsley
4 hard-cooked eggs, chopped
½ cup buttered bread crumbs

Melt butter; blend in flour, salt and pepper; add milk and cook, stirring constantly, until thickened. Flake crab meat and add to sauce with parsley and eggs. Blend thoroughly. Fill greased baking shells, sprinkle crumbs on top and bake in moderate oven (350°F.) for 10 minutes. Serve immediately. Serves 8.

SCALLOPED CRAB MEAT—Omit eggs and add 1 cup dry bread crumbs to the mixture.

CRAB-MEAT AND VEGETABLE CASSEROLE—Use 1½ cups drained cooked peas and 2 tablespoons grated onion instead of eggs and parsley. Bake in casserole at 350°F., 30 minutes.

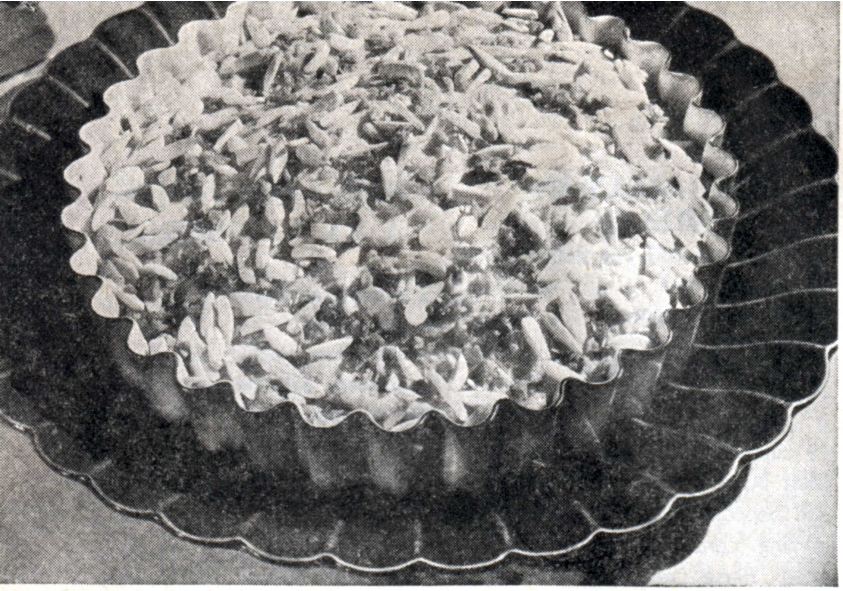
CRAB LEGS SAUTÉ À LA NEWBURG

½ pound crab legs
¼ cup butter
2 cups cream
¼ teaspoon salt
Dash cayenne
2 egg yolks
1 tablespoon cream
1 tablespoon sherry

Brown crab legs in butter until butter begins to brown, add cream and heat to boiling. Season. Beat egg yolks with tablespoon cream and add. Stir until thickened but do not boil. Add sherry and serve on toast. For 4.

CRAB NEWBURG — Use ½ pound crab meat and 1 cup cream. Heat crab meat in butter; add seasonings and sherry. Add combined egg yolks and cream. Heat only to boiling.

Whether you use baking powder or beaten biscuits, crab Newburg is "tops"



Your most honored guest will be delighted with this crab soufflé and its shredded almonds

CRAB SPAGHETTI CASSEROLE

1 (9-ounce) package spaghetti
1¼ cups condensed cream of mushroom soup
3 tablespoons butter
1 cup milk
½ pound sharp American cheese, grated
1½ cups flaked crab meat
⅛ teaspoon pepper

Cook spaghetti in boiling salted water until tender. Drain. Heat soup, stirring until smooth; add butter and milk. When hot remove from heat and stir in grated cheese, saving some to sprinkle on top. Combine cheese sauce with spaghetti, crab meat and pepper. Place in greased shallow casserole and sprinkle with remaining cheese. Bake in hot oven (400°F.) about 30 minutes. Serves 8.

Use ½ cup rice instead of spaghetti.

Use White Sauce instead of mushroom soup.

Use only ½ cup cheese, sprinkled over top.

CRAB SOUFFLÉ

3 eggs, separated
1½ cups Medium White Sauce
¼ teaspoon salt
1 teaspoon onion juice
¼ teaspoon paprika
½ cup dry bread crumbs
2 cups flaked cooked crab meat

Thoroughly beat egg yolks; add remaining ingredients, folding in stiffly beaten whites. Pour into buttered dish, place in pan hot water and bake at 350°F. 50 minutes. Garnish with sliced blanched almonds. For 6.

CRAB POLENTA

⅓ cup cubed salt pork
1 clove garlic, 1 bay leaf
2 tablespoons tomato catchup
1 (8-ounce) can crab meat, flaked
Corn-meal mush

Brown salt pork; add finely chopped garlic and brown. Add bay leaf, catchup and liquid drained from crab meat. Simmer a few minutes. Remove bay leaf; add crab meat. Slice mush, place in bottom of greased shallow casserole and cover with crab mixture. Bake in moderate oven (350°F.) about 20 minutes or until thoroughly heated. Serves 6.

CRAB THERMIDOR

2 pounds cooked crab meat
¼ cup chopped mushrooms
1 green pepper, chopped fine
1 pimiento, chopped fine
4 green onions, minced
2 tomatoes, peeled and chopped
2 tablespoons butter
1 cup cream
1 tablespoon chopped parsley
Salt and pepper
Buttered crumbs

Remove spines from crab meat and combine with mushrooms, green pepper, pimiento, onions and tomatoes; cook in butter for 10 minutes. Add cream and cook for 5 minutes. Add parsley, salt and pepper. Fill washed crab shells with mixture, cover with buttered crumbs and brown in moderate oven (350°F.). Garnish with lemon. Serves 6 to 8.

CURRIED OYSTERS AND CRAB MEAT

3 cups cooked rice
1 medium onion, chopped
1 small clove garlic, crushed
4 tablespoons cooking oil
2 dozen shucked oysters
2 cups milk
2 teaspoons curry powder
¼ teaspoon salt
Dash pepper
4 tablespoons flour
1 cup flaked cooked crab meat

Press hot rice into oiled timbale shells or ring mold. Cook onion and garlic in oil until clear. Cook oysters over low heat until they are plump and the edges begin to curl. Drain, saving liquor. Heat milk. Stir curry powder, salt, pepper and flour into onion mixture. Add hot milk and oyster liquor. Cook until thickened, stirring constantly. Add oysters and crab meat. Heat just to boiling. Serve with rice. For 6.
Use Boiled Shrimp for crab meat.

LOBSTER

Live lobsters should be heavy for their size, a mottled bluish-green color, should show evidence of life by movement of claws and have all of their claws. Cooked lobster should be a bright red color, heavy for its size, the tail should be firmly curled under the body and should be firm-fleshed and rigid. When the tail is straightened out it should spring back into place. If it does not the lobster was not alive when boiled.

LOBSTER À LA NEWBURG

1½ pounds cooked lobster
3 tablespoons butter
1½ cups Madeira wine or sherry
1½ cups cream
3 egg yolks, beaten
¼ teaspoon salt
Dash cayenne

Cut lobster meat into large pieces and heat slowly in butter about 5 minutes. Add wine and simmer slowly until the wine is almost all reduced. Beat cream into egg yolks, add lobster and season. Cook, stirring constantly until thickened. Serve at once in timbales or on hot toast, for 8.

LOBSTER MEXICAN

2 cups cooked lobster
6 tablespoons fat
1 large onion, minced
1 green pepper, minced
4 cups cooked tomatoes
¾ teaspoon salt
1 tablespoon sugar
¼ teaspoon cloves
1 bay leaf
1 cup mushrooms, sautéed
Dash Tabasco sauce

Cut lobster meat into pieces the size of a walnut. (Be careful to remove all spines.) Melt 3 tablespoons fat in a saucepan. Add onion, green pepper, tomatoes, salt, sugar, cloves and bay leaf and simmer 15 minutes. Remove bay leaf. Add mushrooms, remaining fat, Tabasco sauce and lobster meat. Simmer until lobster is heated and serve, for 6.

LOBSTER OMELET

5 eggs, separated
¼ teaspoon salt
¼ teaspoon sugar
1 cup thin cream or milk
1 recipe Lobster Stew

Beat egg yolks well with salt and sugar. Add cream, then egg whites, beaten until stiff. Pour into greased omelet pan or baking dish. Bake in a moderate oven (350°F.) until brown, about 20 to 25 minutes. Do not open the oven door for the first 15 minutes. If baked in omelet pan mark omelet through center. Turn onto dish. Pour lobster stew over half, fold over the other half and pour remainder of stew over it. If made in baking dish in which omelet is to be served, pour stew over omelet before serving. Serves 5.

BAKED LOBSTER AND SHRIMP

¼ cup chopped green pepper
¼ cup chopped onion
1 cup chopped celery
1 cup cooked lobster meat, cut into pieces
1 (5¾-ounce) can shrimp, cleaned
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon Worcestershire sauce
1 cup mayonnaise
1 cup buttered crumbs

Combine all ingredients except crumbs; place in individual baking shells. Sprinkle with buttered crumbs and bake in moderate oven (350°F.) 30 minutes. Serves 8.

LOBSTER STEW

2 tablespoons butter
4 tablespoons flour
2 cups cream
Salt
Pepper
½ teaspoon sugar
2 cups cooked lobster meat
1 egg yolk, if desired

Melt butter and add flour, stirring until smooth. Add cream gradually. Cook for 10 minutes, stirring constantly. Remove from heat. Season. Add lobster meat cut into small pieces. The stew should have the consistency of a fairly thick white sauce. Egg yolk added to the stew just before serving gives a richer flavor. The stew must not boil after the yolk has been added. Serves 4.

LOBSTER THERMIDOR

1 boiled lobster
3 mushrooms, sliced
¼ cup butter
Dash paprika
⅛ teaspoon mustard
1 tablespoon minced parsley
½ cup sherry
1½ cups Cream Sauce
2 tablespoons grated Parmesan cheese

Cut lobster lengthwise into halves, remove meat and break it into small pieces. Cook mushrooms 5 minutes in butter; add paprika, mustard, parsley, sherry and 1 cup cream sauce. Mix well, fill lobster shell with mixture, cover with remaining sauce and sprinkle with cheese. Bake in hot oven (450°F.) about 10 minutes. Serves 2.

The cream sauce may be seasoned more highly if desired. Increase mustard to 1 teaspoon, add 1 teaspoon grated onion and dash celery salt instead of parsley. Increase mushrooms to ¾ cup. Proceed as above.

BOILED LOBSTER

Lobster should be alive when boiled. Heat enough water to cover lobster completely and add 1 tablespoon salt for each quart of water. When water is boiling, grasp lobster firmly by the middle of the back with the claws held away so it cannot nip, straighten tail and plunge lobster head first into water. If a second lobster is to be cooked, reheat water to boiling before adding. Cover kettle and simmer 15 to 20 minutes, depending on size of lobster. Be careful not to overcook since overcooking toughens the meat. Plunge lobster immediately into cold water to stop the cooking.

When cool enough to handle, pull off small claws close to body; pick out the meat with nut picks or skewer leaving claws whole to use as garnish. Crack large claws with nut cracker or hammer and remove meat as whole as possible. Twist and pull off tail, break off tail fins and push the meat out the other end. Break open the meat and remove all traces of the intestinal canal which runs down the center of the tail. The canal may be white, brown or pink, but must be removed. Turn lobster on back and split body lengthwise with a very sharp knife, being careful not to break stomach or "lady"—a small sac just back of the head. Remove body from shell, leaving stomach in shell. Discard spongy tissue or lungs between meat and shell. Remove intestinal canal running length of body near the back. Pick meat from body spines. Save the bright red "coral" if present and the green liver for sauce or garnish.

A 2½-pound lobster will yield about 2 cups flaked meat.

Boil shell and trimmings with celery, a slice of onion and some herbs to make a fish stock for lobster bisque.

Chill lobster after boiling, split and remove stomach, intestinal vein and lungs. Serve lobster in the shell with mayonnaise.

BROILED LOBSTER

Kill lobster by inserting sharp knife into joint where tail and body-shell come together, thus cutting the spinal cord. Place lobster on back, make deep incision at mouth and with a quick cut, split lobster lengthwise to end of tail. Open and remove stomach, intestinal vein running length of body, liver and coral. Save liver and coral for sauce. Crack large claws. Spread lobster as flat as possible, place split side up on greased broiler; brush with melted butter, sprinkle lightly with salt and pepper. Broil slowly for 15 to 20 minutes or until delicately browned. Turn and broil 10 minutes longer on shell side. Serve at once with melted butter. Allow ¾ to 1 pound lobster per portion.

BAKED LOBSTER—Prepare lobster as above, but bake in hot oven (425°F.) 15 to 20 minutes, instead of broiling.

LOBSTER ORLEANS

2 medium onions
2 tablespoons butter
1 cup flaked cooked lobster meat
Flour
1 cup sour cream
Salt and pepper
Toast or corn bread

Dice onions and brown in butter. Dredge lobster with flour and add to onions. Cook for about 5 minutes, but do not brown. Pour cream over lobster and simmer for 15 to 20 minutes, season and serve on toast, for 4.

LOBSTER PUFF

3 tablespoons granulated tapioca
1 cup milk
1½ cups Boiled Lobster meat
¼ teaspoon salt
¼ teaspoon paprika
2 teaspoons lemon juice
2 eggs, separated

Cook tapioca with milk in top of double boiler until tapioca is clear and transparent. Chop lobster and add. Add salt, paprika, lemon juice and beaten egg yolks. Fold in stiffly beaten egg whites, pour into greased baking dish and bake in moderate oven (350°F.) 40 minutes or until firm. Serve immediately. Serves 4.

LOBSTER FRITTERS

1⅓ cups sifted flour
2 teaspoons baking powder
¼ teaspoon salt
¼ teaspoon paprika
1 egg, beaten
⅔ cup milk
1½ cups Boiled Lobster meat, ground

Sift dry ingredients together. Combine egg, milk and lobster. Add to dry ingredients and mix. Drop by tablespoons into hot deep fat (375°F.) and fry until brown, 3 to 5 minutes. Serves 4.

BOILED CRAWFISH

1 tablespoon salt
1 tablespoon caraway seeds
2 quarts boiling water
2 pounds crawfish

Add salt and caraway seeds to boiling water. Drop live crawfish into the water, boil 5 minutes and let cool in the liquid. Drain, chill and serve. Serves 6.

From Maine to California, broiled lobster is the ultimate epicurean delight →

SHRIMP

SHRIMP

Fresh uncooked and cooked shrimp are sold by the pound with the heads removed. The uncooked shrimp should be firm-fleshed and grayish-green.

BOILED SHRIMP

Wash shrimp and cover with boiling salted water or boiling Court Bouillon. Simmer 10 to 15 minutes or until shells turn pink. Cool in the cooking water, remove shells and black line down the back. One pound of fresh shrimp yields 2 cups cooked shrimp. Allow ⅓ pound for 1 serving.

SHRIMP COCKTAIL

½ cup Cocktail Sauce (page 30)
1 cup Boiled Shrimp
¼ cup diced celery

Reduce horse-radish in sauce by ½. Serve shrimp and celery in cocktail glasses with sauce.

BAKED STUFFED AVOCADOS

3 large avocados
3 tablespoons lemon juice
1 teaspoon salt
4 tablespoons butter
6 tablespoons flour
⅛ teaspoon pepper
1½ cups milk
½ cup cooked sliced celery
¼ cup minced pimiento
1 cup Boiled Shrimp
⅔ cup grated American cheese

Cut avocados lengthwise into halves and peel. Sprinkle with lemon juice and ½ teaspoon salt. Melt butter, blend in flour, add remaining salt, pepper and milk; cook until thickened, stirring constantly; add celery, pimiento and shrimp. Fill avocados with shrimp mixture and cover with grated cheese. Place in baking pan, pour in water to depth of ½ inch and bake in moderate oven (350°F.) 15 minutes. For 6. Use crab meat instead of shrimp.

Use only 3 tablespoons flour and add 1 egg yolk slightly beaten just before adding celery and shrimp.

SHRIMP CREOLE

1 cup uncooked rice
3 onions, sliced
1 bunch celery, chopped
4 tablespoons bacon fat
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
2 teaspoons chili powder
2 cups water
3 cups cooked tomatoes
3 cups drained cooked peas
1½ tablespoons vinegar
2 teaspoons sugar
3 cups cleaned cooked shrimp

Cook rice in boiling salted water until tender; drain. Brown onions and celery slowly in bacon fat. Blend in flour and seasonings and add water slowly, stirring constantly. Simmer 15 minutes, covered. Add remaining ingredients and continue cooking for 10 to 15 minutes until shrimp are thoroughly heated. Pile hot rice in center of platter and surround with shrimp. Serves 6.

Shrimp creole with a rice border is Charleston's delicious gift to the world

A colorful shrimp cocktail will give a party touch to any meal →

CASSEROLE OF SHRIMP

⅔ cup broken uncooked thin noodles
1 cup whole kernel corn
1 (5¾-ounce) can shrimp, cleaned
½ cup sliced cooked mushrooms
1 cup Cheese Sauce
½ cup grated cheese

Cook noodles in boiling salted water until tender; drain and place in casserole. Arrange corn, shrimp and mushrooms over noodles. Cover with sauce, mix gently and sprinkle with cheese. Bake in moderate oven (350°F.) about 30 minutes. Serves 6.

Use peas instead of corn.

CRAB-MEAT DELIGHT—Omit corn, use ¾ cup shredded crab meat instead of shrimp. Add ¼ cup minced green pepper and 1 pimiento, minced.

Use 1 No. 1 can asparagus tips instead of noodles and corn. Arrange in casserole with shrimp and mushrooms, pour sauce over. Do not stir.

CREAMED SHRIMP

1½ pounds Boiled Shrimp
2 cups Medium White Sauce
½ teaspoon celery salt
1 tablespoon minced pimiento
6 toast timbales

Shell and clean shrimp. Add white sauce, celery salt and pimiento. Heat to boiling and serve in toast timbales. Serves 6.

Add ¾ cup sautéed mushrooms to shrimp mixture.

FRENCH FRIED SHRIMP

1½ pounds Boiled Shrimp
1 pint milk
1 egg
Flour
Corn meal or bread crumbs
⅛ teaspoon salt
Dash pepper

Clean shrimp. Mix milk with egg, add shrimp and let stand for 3 minutes. Mix equal parts of flour and corn meal with seasonings. Coat shrimp well with mixture. Cook in hot deep fat (375°F.) until brown. Shrimp will rise to the top of fat when cooked. Drain on absorbent paper. Serves 6.

PEPPERS STUFFED WITH SHRIMP

4 green peppers
¼ teaspoon minced onion
1 tablespoon butter
½ cup chopped mushrooms
2 tablespoons cooked tomato
1 teaspoon salt
½ teaspoon minced parsley
2 cups Boiled Shrimp
Bread crumbs, Butter

Cut slice from stem ends of peppers, remove seeds and wash thoroughly. Parboil for 5 minutes. Chop end slices of peppers and cook with onion in butter until tender. Add mushrooms and cook until tender. Add tomato, salt, parsley and shrimp. Heat. Fill peppers with mixture, sprinkle with bread crumbs, dot with butter and bake in moderate oven (350°F.) 25 to 30 minutes or until peppers are tender and crumbs brown. Serves 4.

SHRIMP GUMBO

2 pounds fresh shrimp
3 onions or 1 bunch green onions
½ cup vinegar
2 quarts boiling water
1 tablespoon butter
1 tablespoon flour
4 cups okra, cut fine
1 cup cooked rice
6 large tomatoes, peeled
2 bay leaves
¼ teaspoon salt
⅛ teaspoon pepper

Wash shrimp. Combine 2 onions, vinegar and water; heat to boiling, add shrimp and boil 15 to 20 minutes or until pink. Remove shrimp, shell and clean. Save the stock. Chop remaining onion and brown in butter; blend in flour and add okra. Add strained stock slowly, stirring constantly. Add rice, tomatoes, seasonings and shrimp. Simmer until okra and tomatoes are cooked. Remove bay leaves. Serves 8.

Press slices of bread into muffin pans and brown to make these timbales for creamed shrimp

To make potato nests: Cook potatoes in hot fat 2 minutes, press into muffin pans and brown in a hot oven

SCALLOPED EGGS AND SHRIMP

1 cup Medium White Sauce
1 cup Boiled Shrimp
4 eggs, hard cooked and sliced
½ cup bread crumbs

In greased baking dish arrange layers of hot white sauce, shrimp, eggs and crumbs. Brown in moderate oven (350°F.). Garnish top with a few whole shrimp and egg slices and serve hot. Serves 4.

SHRIMP SOUFFLÉ

¼ cup butter, ¼ cup flour
1½ cups milk
3 eggs, separated
1½ cups Boiled Shrimp
¼ teaspoon salt
⅛ teaspoon pepper
½ teaspoon celery salt
1 tablespoon diced green pepper

Melt butter, blend in flour, add milk and cook, stirring constantly, until thickened. Pour over beaten egg yolks, add shrimp and seasonings. Cool, then fold in stiffly beaten egg whites. Turn into buttered casserole and bake in moderate oven (350°F.) 45 to 55 minutes or until firm. Serve immediately. Serves 5 or 6.

SHRIMP SUPREME

Combine 2 cups cleaned cooked shrimp with ¼ teaspoon salt, ⅛ teaspoon pepper, 2 tablespoons each minced chives and parsley and 1 cup fine bread crumbs. Place in individual baking shells and top each with 2 tablespoons butter. Bake at 350°F. 20 minutes. Serves 4.

SHRIMP RAREBIT

2 tablespoons chopped green pepper
2 tablespoons fat
3 tablespoons flour
¼ teaspoon dry mustard
¾ teaspoon salt
Few grains pepper
¾ cup tomato juice
¾ cup grated American cheese
⅓ cup milk
¾ cup cooked shrimp

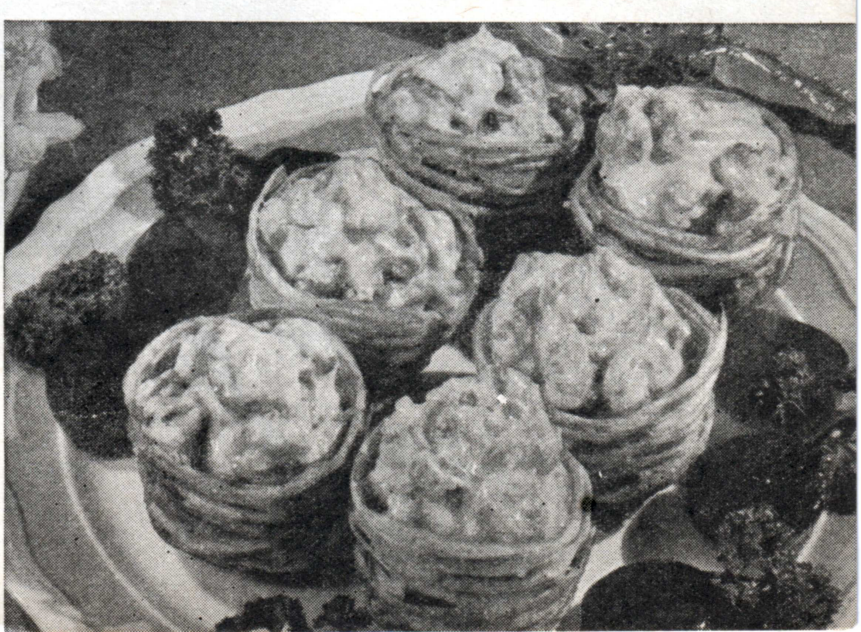
Sauté green pepper in fat for 5 minutes. Blend in flour and seasonings. Add tomato juice gradually and cook, stirring constantly until thickened. Add cheese and milk, stirring constantly. Fold in shrimp and heat thoroughly. Serve in toasted bread cases, in parboiled halves, peppers or on toast, for 6.

SHRIMP LOUISIANA

1 teaspoon minced onion
¼ cup fat
2 cups Boiled Shrimp
¼ cup flour
1 teaspoon salt
1 teaspoon chili powder
2 cups milk
¼ cup tomato catchup
2 tablespoons minced parsley

Cook onion in fat until tender; add shrimp broken into pieces; brown. Stir in flour, salt and chili powder. Add milk gradually; cook 5 minutes, stirring constantly. Add catchup and parsley; cover and heat thoroughly. Serves 6.

Any kind of creamed fish tastes better for being served in potato nests



SCALLOPS

SCALLOPS

Scallops are derived from a variety of shellfish of which the only part considered edible is the eye muscle which opens the shell. This muscle is cut out and the remainder discarded. There are 2 types, the bay or cape scallops which are small and sea scallops which are larger. Scallops should be cream color rather than white and are sold by the pound or quart. Scallops may be used instead of oysters in almost all oysters recipes.

BROILED SCALLOPS

1 pound scallops
French dressing, Seasoned crumbs

Dip scallops into French dressing and roll in crumbs. Place on greased baking sheet in a preheated broiler (550°F.) and cook for about 15 minutes, or until the scallops are browned. Turn occasionally. Serves 4.

Use a fork when dipping scallops into crumbs to make crust smooth and even

BROILED SCALLOPS HAWAIIAN

Bacon
Scallops
Pineapple wedges

Use strips of bacon about 4 inches long. On one end place a small scallop and on other end a drained pineapple wedge. Roll both to the center so each will be wrapped in bacon. Place 2 or 3 of these on a skewer and broil until bacon is crisp and brown and scallops are tender, about 10 minutes. Turn once during broiling.

FRIED SCALLOPS

1 cup dry bread crumbs
1 teaspoon salt
½ teaspoon celery salt
1 pound scallops
1 egg
2 tablespoons water

Combine crumbs and seasonings. Dip scallops into crumbs, then into egg diluted with water and dip into crumbs again. Sauté or fry in hot deep fat (365°F.) 4 to 5 minutes. Serve with Tartare Sauce. Serves 4.

DEVILED SCALLOPS

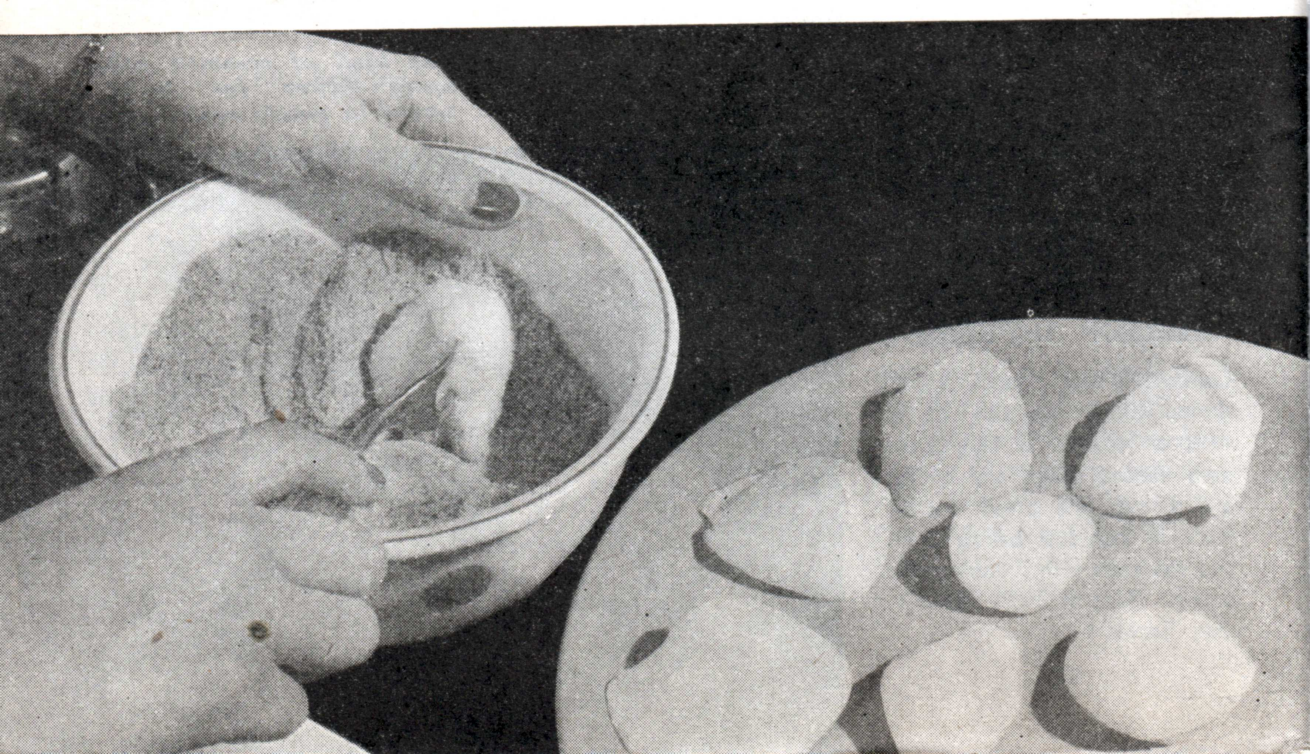
1 quart scallops
½ cup butter
1½ teaspoons prepared mustard
¾ teaspoon salt
Dash cayenne
1 cup hot milk
Buttered crumbs

Chop scallops, heat and place in baking dish. Beat butter until creamy and add mustard, salt and cayenne. Add to scallops and pour on milk. Sprinkle with buttered crumbs and bake in moderate oven (350°F.) 20 minutes. Serves 6.

SAUTÉED SCALLOPS

1 pound scallops
1 small onion, minced
2 tablespoons fat
½ teaspoon salt
⅛ teaspoon pepper

Wash scallops quickly and cook 5 minutes in a small amount of boiling water. Drain and dry. Cook onion in fat until tender. Add scallops and cook until brown. Season and sprinkle with parsley. Serves 4.



SCALLOPS EN BROCHETTE

1 pound scallops
3 tablespoons butter
6 to 8 slices bacon
Salt
Pepper

Cook scallops in butter for 5 minutes. Cut bacon into 2-inch pieces. Arrange bacon and scallops alternately on skewers and sprinkle with salt and pepper. Stand skewers upright by inserting through mesh of cake cooler placed over a pan, or insert skewers into large uncooked potato. Bake in hot oven (475°F.) about 20 minutes or until bacon is crisp and scallops are browned. Serves 4 or 5.

SEA FOOD SOUTHERN

¾ cup small scallops
2 eggs
2 cups boiled rice
¾ cup Boiled Shrimp
2 tablespoons diced onion
2 tablespoons fat
¼ cup tomato catchup
½ teaspoon celery salt
1 teaspoon curry powder

Combine liquid from scallops with slightly beaten eggs; add rice, scallops and shrimp. Brown onion lightly in fat and add catchup, celery salt and curry powder; stir into rice mixture. Place in buttered shallow baking dish; bake in moderate oven (350°F.) about 30 minutes or unfil firm. Serves 6.

SCALLOP FRITTERS

2 eggs, separated
1½ cups milk
½ teaspoon salt
⅛ teaspoon pepper
2½ cups sifted flour
24 scallops

Beat egg yolks until thickened, add milk, seasoning and flour and beat until smooth. Fold in stiffly beaten egg whites. Drain scallops, season and drop one at a time into the batter, take up in a tablespoon with all the batter the spoon will hold and fry in hot deep fat (360°F.) until brown. Serves 4 to 6.

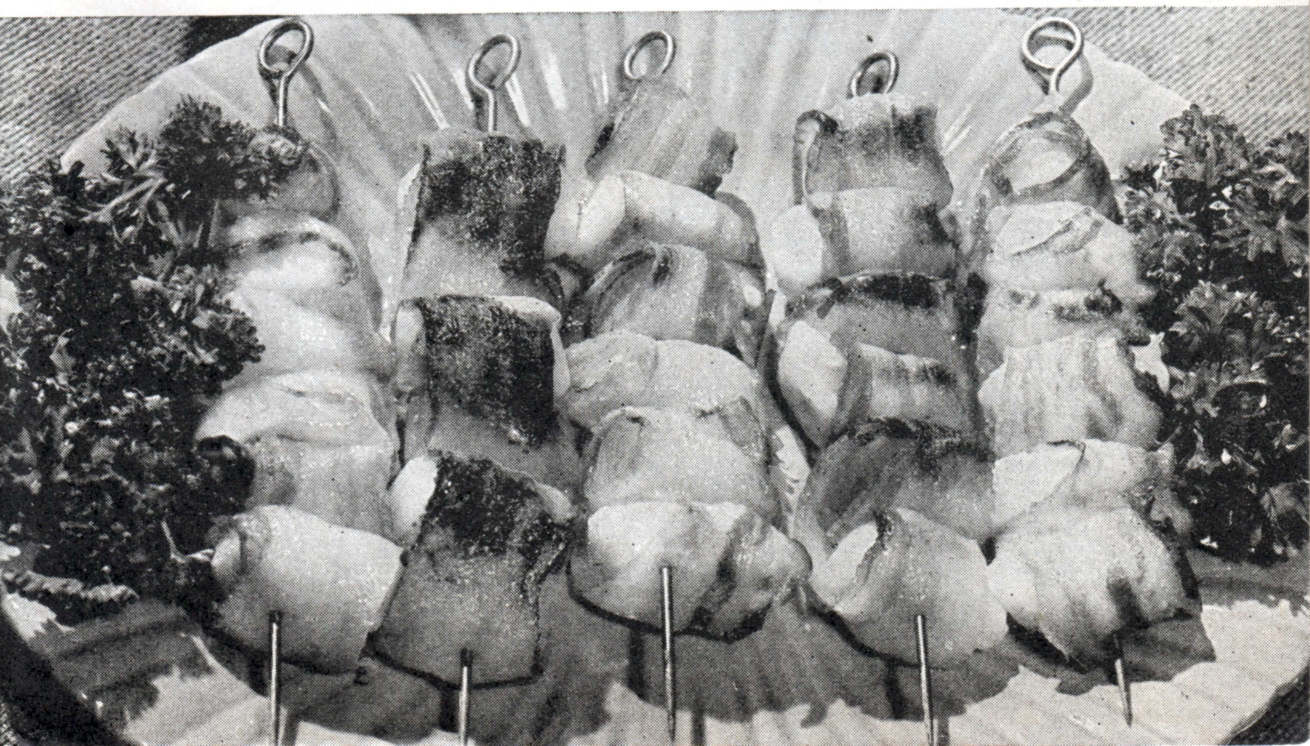
Use only 1½ cups flour and 1 egg, not separated. Coat scallops lightly with batter. Fry.

FRICASSEE OF SCALLOPS

2 pounds scallops
2 tablespoons butter
1 onion, sliced
1 tablespoon flour
1 cup stock from scallops
1 teaspoon minced parsley
Salt and pepper
1 egg yolk
1 teaspoon lemon juice

Simmer scallops 5 to 6 minutes. Melt butter in top of double boiler, add onion and cook about 3 minutes; stir in flour and when well blended, add stock and cook until sauce thickens, stirring constantly. Add parsley, salt and pepper. Beat egg yolk and pour a little of the hot sauce over it, mixing well. Return to double boiler and cook for 2 minutes. Add scallops and lemon juice and heat thoroughly. Serve at once. Serves 6.

Pineapple wedges and scallops rolled in bacon give Hawaiian touch to en brochette



STUFFINGS AND SAUCES

BREAD STUFFING

2 cups fine soft bread crumbs
1 teaspoon grated onion
½ cup chopped celery
1 tablespoon lemon juice
½ teaspoon salt
3 tablespoons melted butter
2 tablespoons water

Combine ingredients lightly but thoroughly. Stuffing for 3 to 4 pound fish.

MUSHROOM STUFFING—Omit lemon juice. Cook ½ to 1 cup sliced mushrooms in the butter before combining with remaining ingredients.

SAVORY STUFFING—Omit lemon juice. Add 2 tablespoons minced parsley, ¼ teaspoon savory seasoning and ¼ teaspoon celery seed.

SPICY STUFFING—Omit celery. Add 2 tablespoons chopped green pepper and ¼ teaspoon mace.

Simple, effective garnishes of lemon or cucumbers add much to the serving of fish

SWEET PICKLE STUFFING—Omit lemon juice. Add ¼ cup chopped sweet pickle. Especially good with pike and other white-fleshed fish.

VEGETABLE STUFFING—Omit lemon juice and water. Increase salt to 1 teaspoon and use ½ cup ground onion instead of 1 teaspoon. Add ¾ cup ground uncooked carrots.

OYSTER OR CLAM STUFFING FOR FISH

½ cup chopped oysters or clams
2 cups fine cracker crumbs
2 tablespoons butter, melted
1 teaspoon salt
2 teaspoons chopped pickle
2 tablespoons lemon juice
½ cup water

Mix ingredients in order given, adding more water if stuffing seems dry. Oyster or clam liquor may be substituted for part of the water. Stuffing for 3 to 4 pound fish.

DILL STUFFING

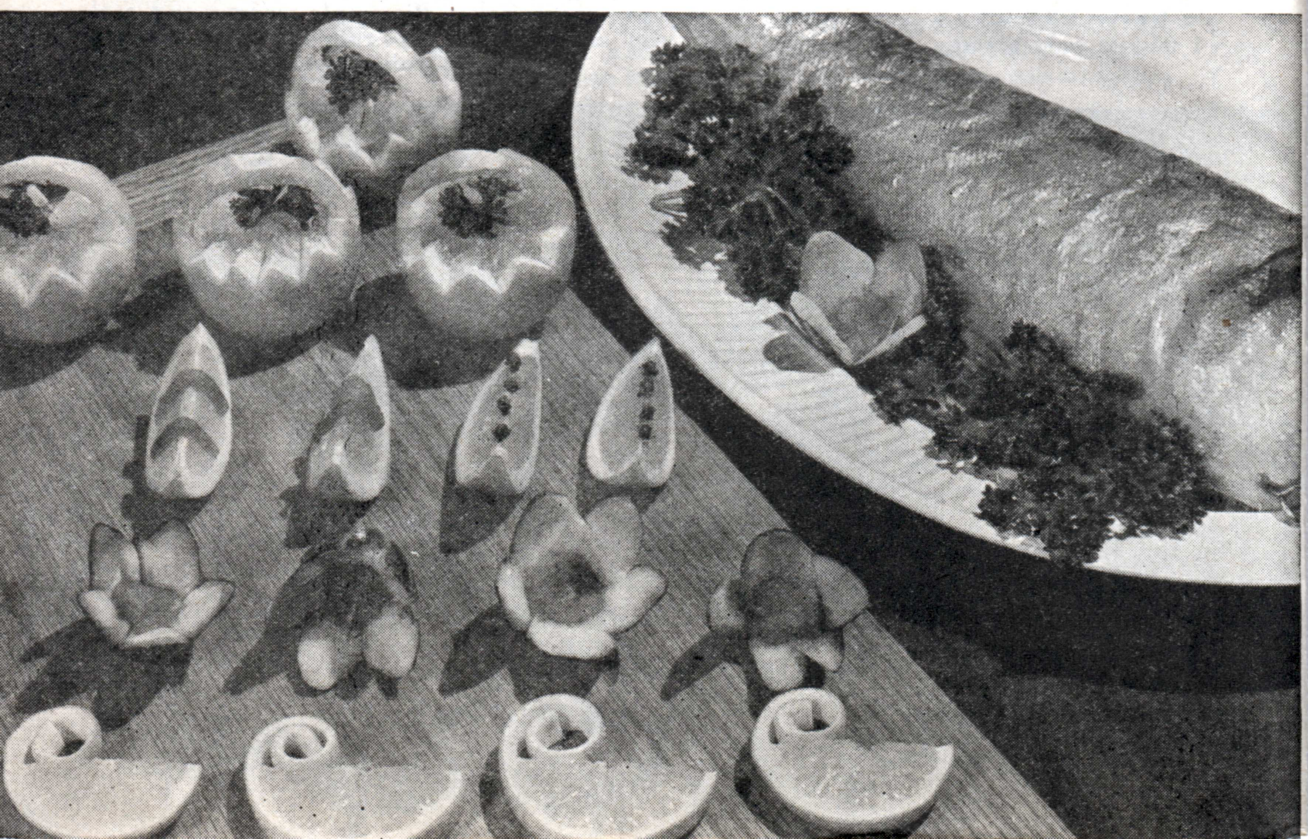
3 cups soft bread crumbs
½ teaspoon salt
⅛ teaspoon pepper
3 tablespoons minced onion
⅓ cup melted butter
¼ cup chopped dill pickle
2 tablespoons chopped parsley

Mix bread crumbs with seasonings and onion; add butter slowly and toss stuffing with a fork until mixed. Add dill pickle and parsley. Stuffing for 4-pound fish.

SHRIMP STUFFING

2 tablespoons butter
½ tablespoon water
1 teaspoon anchovy paste
1 cup soft bread crumbs
2 teaspoons chopped olives
½ cup minced Boiled Shrimp
¼ teaspoon grated onion
1 tablespoon lemon juice

Heat butter, water and anchovy paste together until butter is melted. Add to bread crumbs with remaining ingredients. Especially good stuffing for trout. Stuffing for 3 to 4 pound fish.



CREOLE SAUCE

2 tablespoons chopped onion
¼ cup minced green pepper
2 tablespoons butter
1½ cups cooked tomatoes
¼ cup sliced mushrooms
¼ cup sliced olives
¼ teaspoon salt
Few grains pepper
2 tablespoons sherry

Cook onion and green pepper in butter until tender. Add tomatoes, mushrooms and olives and cook 2 minutes. Add seasonings and sherry. Makes about 2 cups sauce.

For thicker sauce, blend 1 tablespoon flour with butter and add tomatoes gradually, stirring until thickened.

CUCUMBER SAUCE FOR FISH

1 cup chopped cucumber
⅓ cup water
2 tablespoons butter
2 tablespoons flour
1 cup fish stock
2 teaspoons lemon juice
1 teaspoon grated lemon rind
½ teaspoon grated onion
½ teaspoon salt

Cook cucumber in water until tender. Drain. Prepare sauce of butter, flour and fish stock; when thick add lemon juice, rind, onion and salt. Add cooked cucumber last. Makes 2 cups.

HORSE-RADISH SAUCE

¼ cup prepared horse-radish, drained
¾ teaspoon salt
¼ teaspoon pepper
1 tablespoon vinegar
½ cup heavy cream, whipped

Mix first 4 ingredients thoroughly and fold into whipped cream. Makes 1 cup sauce.

MAÎTRE D'HÔTEL BUTTER

½ cup butter
1 teaspoon salt
⅛ teaspoon pepper
1 tablespoon chopped parsley
1½ tablespoons lemon juice

Cream butter until fluffy, add salt, pepper and parsley and mix well. Work in lemon juice slowly. Makes about ½ cup sauce.

LEMON BUTTER

½ cup butter
3 tablespoons lemon juice

Cream slightly softened butter, adding lemon juice gradually as it becomes pliable. Serve on fish.

ALMOND BUTTER SAUCE—Melt butter, add ¼ cup ground almonds and reduce lemon juice to 1 teaspoon. Serve hot with fish or sea food.

Fillets may be stuffed flat or rolled before baking

DRAWN BUTTER—Melt butter, allow salt to settle; pour off oil into small hot cups.

LEMON BROWNED BUTTER—Brown butter and add ⅓ teaspoon Worcestershire sauce with lemon juice.

PARSLEY BUTTER—Add 1 teaspoon salt, ¼ teaspoon pepper and 1 tablespoon minced parsley. Reduce lemon juice to 2 tablespoons.

QUICK LEMON BUTTER—Reduce butter to 4½ tablespoons and add salt, pepper and 1½ tablespoons minced parsley.

ROAST OYSTER SAUCE—Reduce butter to 2 tablespoons and add 4 drops Tabasco sauce and the juice of ½ onion Serve hot.

MEDIUM WHITE SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup milk
½ teaspoon salt
Few grains pepper

Melt butter, remove from heat, add flour and mix until smooth. Add milk and cook until thickened, stirring constantly. Season. Makes 1 cup sauce.

BERCY SAUCE—Cook 1 tablespoon chopped shallots in the butter before adding flour. Use fish stock instead of milk.

BROWN ALMOND SAUCE—Brown ¼ pound sliced blanched almonds in butter before adding remaining ingredients. Thin with additional milk.

CHEESE SAUCE—Add ½ cup grated cheese.

Baked fish with brown almond sauce will make Friday's dinner a gala occasion

CREAM SAUCE—Use cream instead of milk.

DRAWN BUTTER SAUCE—Use hot water or fish stock instead of milk. Mix as above and add 2 more tablespoons butter to thickened sauce.

EGG SAUCE—Add 1 sliced hard-cooked egg to Butter Sauce.

LOBSTER SAUCE—Add 1 cup diced cooked lobster.

ONION SAUCE—Chop 2 slices onion and cook in the butter before adding remaining ingredients. Strain sauce before serving.

OYSTER SAUCE—Cook 1 cup oysters in their liquor until plump, drain off liquid and use for part of the milk in White Sauce. Add oysters to white sauce just before serving.

SHRIMP SAUCE—Add ⅓ cup chopped cooked shrimp to White Sauce with Egg.

WHITE SAUCE WITH EGG—Stir white sauce slowly into 1 beaten egg just before serving.

TARTARE SAUCE

1 teaspoon minced onion
2 teaspoons chopped sweet pickle
1 teaspoon chopped green olives
½ tablespoon minced capers
1 tablespoon minced parsley
¾ cup mayonnaise
1 tablespoon tarragon vinegar

Drain first 5 ingredients thoroughly and fold into mayonnaise. Add vinegar. Makes about ¾ cup sauce.

TOMATO SAUCE

2 tablespoons butter
1 onion, sliced
2 tablespoons flour
1½ cups strained cooked tomatoes or 1 cup soup stock and ½ cup tomato purée
⅓ teaspoon salt (about)
⅛ teaspoon pepper

Melt butter, add onion and cook until light yellow, remove onion, blend in flour and brown slightly. Add the liquid gradually and heat to boiling, stirring constantly. Boil 3 or 4 minutes. Season and serve hot. Makes 1¼ cups.